





# AUNT MENA'S RECIPE BOOK

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COMPILED BY  
M. B. BOSSON.

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SOLD FOR THE BENEFIT OF THE BAPTIST ORPHANAGE, ANGORA,  
PHILADELPHIA.

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PHILADELPHIA:  
THE NATIONAL BAPTIST.  
1888.



TO THE CHILDREN,  
WHOSE LOVING HEARTS  
AND LITTLE HANDS  
HAVE SO OFTEN AND SO TENDERLY  
HELPED THE ORPHANED ONES,  
THIS BOOK  
IS CORDIALLY DEDICATED.



# CONTENTS.

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	PAGE.
BREAD . . . . .	67
CROQUETTES . . . . .	42
CAKES . . . . .	113
CANNING, PRESERVING AND PICKLING . . .	147
CHILDREN'S CORNER . . . . .	163
DESSERTS . . . . .	86
DRINKS . . . . .	144
FISH . . . . .	14
MEATS . . . . .	23
MISCELLANEOUS . . . . .	170
OMELETS AND EGGS . . . . .	46
POULTRY . . . . .	36
SOUPS . . . . .	5
SALADS . . . . .	64
VEGETABLES . . . . .	52

## LITTLES.

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A kindly deed  
Is a little seed  
That groweth all unseen ;  
And lo, when none  
Do look thereon,  
Anew it springeth green !

The little alms  
Of but tiny palms,  
In all sincereness given,  
Is like the wings  
Of the lark that sings  
And soars to th' gates of heaven.



## PREFACE.

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The object of this book is to help feed and clothe the orphans in the Philadelphia Baptist Orphanage; the entire proceeds from the sale will be devoted to this purpose. The children have responded nobly to this work since the opening of the Orphanage, and through them many of the older ones have been reached; we hope through this book to enlist both old and young in caring for these little ones.

The laying of the first foundation stone was the work of a child. A little one whose heart went out for poor, friendless children began to save his pennies for that purpose. Ere he had accomplished his work, God took him to himself. After he had gone home, his mother (it was supposed) took from the little savings bank two quarters of a dollar, one dime, four half-dimes, three three-cent pieces, and one cent, in all ninety cents; she carefully wrapped them in paper, and, enclosing them in a tiny box, with a note, sent them on their mission of love to Miss Mary Weatherly, Infant-class Teacher of Immanuel Mission, a member of the First Baptist Church, Philadelphia. The note, without signature or date, was as follows:

**DEAR MISS WEATHERLY:**—The little coins contained in this paper are the childish treasures of one who was a pupil in the infant school under your care, but who is now, we believe, gone to be with the Lord. The objects of especial and dearest interest to this child were poor, homeless children; and though of little commercial value, they are given for that purpose; and may the Lord of little children bless them in your hands.

Miss Weatherly's heart went out for little destitute ones ; much of her life was devoted to this work, and her greatest desire was the establishment of a home such as is now found at Angora, Philadelphia.

The little box and note seemed to Miss Weatherly a call from the Master ; her heart and voice and hand responded : "Here, Lord, am I." On the Sunday following, she read the note to the Sunday-school of the Immanuel Mission, and it so touched the heart of Superintendent and scholars that at once \$100 was given to the cause, the first addition to the ninety cents.

Miss Weatherly opened at once a subscription book—this was in 1874—and though the work was slow, she persevered until, stricken with disease, she was laid aside from labor for two years. Finding she was soon to go home, after much prayer, she committed these sacred beginnings into the hands of James S. Moore, Esq., Superintendent of Immanuel Mission. The original coins, the seed of the Orphanage, were preserved by Mr. Moore, who had them enclosed in a handsome case which is hung on the walls of the parlor of the Children's Cottage. Miss Weatherly's picture is found in this room.

In 1876, the North Philadelphia and the Philadelphia Associations appointed a committee to consider the subject of providing an Orphanage, especially for the children of Baptist parents. A charter was secured two days before Miss Weatherly's earthly work for these little ones was finished ; she went home rejoicing that her efforts had not been in vain.

Only a little child,  
To this world's fame unknown ;  
Only a few small coins  
To offer at the "Throne."

Only a little note,  
 Breathing these tender words:  
 "The treasures of a child  
 Now gone to be the Lord's."  
 \* \* \* \*  
 Only a woman's prayers!  
 Only a woman's tears!  
 Her cheerful earnest work,  
 During a few brief years.  
 \* \* \* \*

The work has gone on increasing in interest, until now we have at Angora four beautiful cottages: the Griffith Cottage, erected by Dr. and Mrs. Benjamin Griffith in memory of their little daughter; the Foster Cottage, erected by Mrs. Foster in memory of her husband; the Bucknell Cottage, erected by Mr. William Bucknell in memory of his three children; and the Children's Cottage, the foundation for which was laid by the children in the "Corner" of THE NATIONAL BAPTIST, and completed with the aid of the Sunday-school children mostly of this city and state.

We wish that every member of the denomination could visit these homes and look in upon the forty-five little ones who are at home here to-day. We are sure the work would commend itself, and hearts would be opened to help along that which appeals so tenderly to the sympathies of every father and mother.

It may be that some bereaved parent would wish to perpetuate the memory of their little one by a yearly maintenance of one of these orphans, or by a gift to the Endowment Fund. How much in keeping such an offering would be with the loving, tender memories of the one whom God hath taken into his own safe care and keeping.

Child of my care, how tenderly I love thee still;  
Thy memory I would so embalm, it ever will  
Reflect His glory, who to me has given  
An angel child forever safe in Heaven.

The love enkindled by thy brief career  
Will blend thy cherished name with one more dear,  
And in the homes of the "Orphanage" would see  
Its blessed mission, thus "Remember me."

We send this book on its mission of love, praying, that like the ninety cents, it may accomplish the purpose whereunto it is sent.

We wish to express our thanks to Mr. Henry M. Snyder, Philadelphia, the engraver, to whom we are under great obligations for the cuts and one thousand proofs of "Aunt Mena" and the Orphanage. Our thanks are also due to the many friends who have so kindly and generously helped in the preparation of this book. Recipes have come in from the North, South, East and West, tested and tried by the best cooks. In selecting and compiling these recipes, great care has been taken in arranging the ingredients so that failure is impossible, if directions are followed and an adequate amount of judgment is used.

AUNT MENA.

# SOUPS.

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## THE ART OF SOUP MAKING.

We quote the following from *Cassel's Family Magazine*: "There is a constant controversy going on as to the economy, digestibility, and necessity of soup at the commencement of a dinner; some maintaining that a dinner without it cannot literally be called a dinner; others, prejudiced against "slops," discarding it from their tables altogether; while a few would gladly, perhaps, take advantage of an opportunity to reduce the meat bills, have only the *will*, being ignorant of the way. The average middle-class wife and mother may have sighed over the items of ribs and sirloins of beef, and legs and shoulders of mutton, and said to herself, 'Ah! we must take to having a little soup.' With praiseworthy promptitude and zeal, she has, perchance, opened her cookery-book, of the old extravagant style, and closed it sorrowfully, a sadder, if not a wiser woman, the brain all dizzy from the strings of ingredients, and the long line of knuckles of veal, shins of beef, 'old fowls' and slices of ham, which she is commanded to 'throw into the stock pot' if she insure success.

"Now, with the soup-making, as with all else, once master the theory, and the practice is comparatively easy; while, on the other hand, *years* of practice *without* a perfect knowledge of the why and the wherefore will prove of no avail. Let me illustrate my meaning clearly: the would-be soup-maker, in scanning a recipe discards it as impracticable, because she lacks one or more of the ingredients mentioned, while she who grasps the *modus operandi*, owing to her theoretical knowledge, at once substitutes others, or dispenses with them altogether.

"No doubt, in many families, the prejudice against soup has risen from the fact that it is usually prepared and served in large quantities, instead of, as at the tables of the rich, in small portions, though many kinds would furnish in themselves a substantial meal for a growing child. At any rate, the advantages of commencing dinner with soup are manifest in the saving of the meat bills, and economy practiced in utilizing scraps of all kinds for the making of the soups, and the comfortable sensation experienced after a little has been taken; for let any person who feels, as the saying goes, 'too hungry to eat,' swallow a few spoonfuls of soup, and the feeling of exhaustion will quickly pass away. Indeed, a well-known authority has said that nothing tends more to restore the tone of the stomach, and make easier of digestion that which is to follow, than a little soup."

#### HINTS WORTH KNOWING.

Select a nice shin bone, have it cracked, add your meat, let this boil for two and a half hours; this is "stock." Always make the stock at least a day before using, so it can chill to remove the fat. You can very often make the stock cost you a mere song by purchasing mutton ribbed chops; have them Frenched (trimmed), then make stock of the trimmings.

Always put meat to boil in cold water for soup.

Salt should not be added until soup is done—it hardens the water.

Use a porcelain-lined or granite iron kettle with a close cover.

#### BEEF SOUP (No 1).

Three pounds of lean beef with marrow-bone; one turnip; one onion; one carrot; quarter of a cabbage; three quarts of cold water. Salt and pepper to taste. Cut the meat fine, and crack the bones. Put them in a pot with a close top, cover with one quart of water, and bring slowly to a boil; the slower the better. When it begins to bubble, add the other two quarts

of water, and boil slowly for three hours—two hours with closed top, and the last with it slightly lifted. Wash and peel the turnip, carrot, and onion, and wash with the cabbage. Cut all into dice, and lay in cold water, slightly salted, for half an hour. Stew the carrot by itself in hot water until tender, then set aside to cool. Put the other vegetables in all together, in enough cold water to cover them, and let them boil to pieces. Strain them half an hour before taking up the soup, and press to a pulp. Return the liquid to the sauce-pan; throw in a little salt, and let it boil up once to clear it; skim and add to the soup. Put in pepper and salt, and boil, covered, twenty minutes. Strain into an earthen dish; let it get cold enough for the fat to rise. Skim off all you can. Rinse the pot with water; return the soup to it; boil briskly one minute, and throw in the carrot. Skim and serve.

#### BEEF SOUP (No. 2.)

Take a nice soup bone; put it on to boil in cold water; about half an hour before dinner pare two or three potatoes, a little sweet marjoram, one or two small tomatoes, chopped up fine, put in the soup, and make balls the same as potato soup.

#### POTATO SOUP (No. 1).

One quart of milk;  
Six large potatoes;  
One stalk celery;  
One onion;  
One tablespoonful butter.

Put the milk to boil with the onion and the celery; pare potatoes, and boil thirty minutes; turn off the water and mash fine and light; add boiling milk, butter, pepper, salt to taste; rub through the strainer and serve immediately. A cupful of whipped cream added when in the tureen is a great improvement. This soup must not be allowed to stand, not even if kept hot; served as soon as ready is excellent.

## POTATO SOUP (No. 2).

Take a pint of milk, add a pint of water, put in three or four potatoes cut fine, let it boil till the potatoes are soft ; add piece of butter, pepper and salt, one egg beaten up light, and stir in flour till it will drop nicely off the spoon ; drop it in the soup and it is ready for the table.

## WHITE SOUP (No. 1).

Skeletons of two chickens ; three pounds of veal bones, cracked to pieces ; one pound of lean veal, cut small ; one pint of boiled farina ; salt and pepper ; a minced onion and parsley ; one quart water and liquor in which the chickens were boiled. Cover over the chicken and veal, the minced veal, parsley and onion with the cold water and chicken liquor ; simmer till the three quarts are reduced to two ; strain the liquor ; put back into the pot with the salt and pepper ; boil gently for ten minutes ; skim before adding the milk and farina ; simmer another ten minutes ; take out a cupful, and pour over the beaten eggs ; mix well and put into the soup. Let all stand covered off the fire two minutes, and serve.

## WHITE SOUP (No. 2).

Boil a knuckle of veal and four calves' feet in five quarts of water, with three onions sliced and a bouquet of sweet herbs ; four heads of celery cut small, a tablespoonful of whole pepper, and small teaspoonful of salt, adding five or six large blades of mace. Let it boil very slowly, till the meat is in rags and has left the bone, and till the gristle has quite dissolved ; skim it well while boiling. When done, strain it through a sieve into a tureen or deep white-ware pan. The next day, take off the fat, and put the jelly (for such it ought to be) into a clean soup pot with two ounces of vermicelli. Place it over the fire ; when dissolved, stir in gradually a pint of thick cream, while the soup is hot ; but it must not come to a boil



after the cream is added, lest it should curdle. Cut up one or two French rolls in the bottom of a tureen ; pour in the soup and serve.

#### BEAN SOUP.

One quart of dry white beans ;

Two quarts of water ;

One-quarter pound of salt pork ;

Wash the beans, cover with water, and soak over night ; next morning drain, then put on to boil in the two quarts of water ; as soon as it comes to a boil ; drain water off and throw away (this prevents the soup from being strong) ; cover again with two quarts of fresh boiling water ; add the pork, and boil until reduced to a pulp ; press through a sieve ; return it to soup kettle, and add sufficient water to make soup about the consistency of cream ; season to taste.

#### BARLEY SOUP.

To two quarts of stock, add one quarter pound pearl barley, grated carrot, two fresh tomatoes, or two tablespoonfuls canned tomatoes, one bunch of pot-herbs, one large potato peeled and cut in small pieces, little onion if desired ; pepper and salt to taste ; put in pot, and boil two hours and a half. Stir frequently, adding more water if too thick.

#### ECONOMICAL SOUP.

If you purchase chops for breakfast, have them Frenched ; save the trimmings, and put them into a pot of cold water ; boil, then stand away to chill ; then skim off all the fat, and you have the stock for soup ; then add one-quarter pound barley, one onion, small quantity of cabbage, grated carrot, pepper and salt, herbs if desired ; boil for two hours ; this is a good dish at a trifling cost.

#### SAGO SOUP.

Take good, clear soup stock ; remove the fat from the top, and strain. Bring to a boil, and stir in half a cup of pearl

sago, which has been washed and soaked for half an hour in tepid water, or three hours in cold. Season if needed. Simmer half an hour, and pour out. Send around grated cheese with it.

#### TURKEY SOUP.

Break up all the bones of one turkey; add one pint of soaked split peas and three quarts of water. Put it on early in the morning; add a little celery and salt for flavoring. Season with pepper and salt, and boil slowly until noon. Strain

#### CLAM SOUP.

Boil a knuckle of veal; strain the liquid; add twenty-five clams, chopped fine, four good-sized potatoes, one onion; drop dumplings. Season to taste with pepper, salt, sweet marjoram, or parsley. Just before serving, thicken with one egg and flour made smooth with a little cream.

#### CORN SOUP.

One quart of milk, one pint of grated green corn, the same quantity of water, two tablespoonfuls of butter, heaping tablespoonful of flour, a slice of onion, pepper and salt to taste. Cook the corn in water for half an hour. Let the milk and onion come to a boil. Mix the butter and flour together, and add a few tablespoonfuls of milk. When perfectly smooth, stir into the remainder of the milk and cook eight minutes. Take out the onion, add the corn, season to taste and serve.

#### PEA SOUP.

Put one quart of peas to soak over night in soft water, and in the morning boil them in the water till they are tender enough to pulp; then add two pounds shin of beef, two large carrots sliced, two turnips, three onions, one head of celery, seasoning to taste, and two quarts of stock. Simmer for two hours, stirring it occasionally; pass the whole

through a sieve. Skim well, season and serve with toasted bread cut in dice.

### MOCK BISQUE SOUP.

One quart can of tomatoes ;  
Three pints of milk ;  
Large tablespoonful flour ;  
Butter the size of an egg ;  
Pepper and salt ;  
One teaspoonful soda.

Put the tomatoes on to stew ; then the milk in a double boiler, reserving, however, a half a cupful to mix with the flour ; mix smoothly the flour with this half cup of milk ; stir into the boiling milk, and cook ten minutes ; to the tomatoes, add the soda ; stir well and rub through a strainer that is fine enough to keep back the seeds ; add butter, salt, pepper to the milk, and then the tomatoes ; serve immediately. This soup is improved by serving with it bread cut into small squares after they have been put in the oven and browned delicately until they are quite crisp.

*(Mrs. Parloa).*

### CREAM OF CELERY SOUP.

One pint of milk ;  
One tablespoonful of flour ;  
One tablespoonful of butter ;  
One head of celery ;  
Large slice of onion ;  
Small piece of mace.

Boil the celery in a pint of water from thirty to forty-five minutes ; boil mace and onions and milk together ; mix the flour with two tablespoonfuls cold milk, then add it to the boiling milk ; cook ten minutes ; mash the celery in water in which it has been cooked, stir into the boiling milk, add the butter, season with salt and pepper to taste ; strain and serve immedi-

ately. The flavor is greatly improved by adding a cupful of whipped cream, when the soup is in the tureen.

(*Mrs. Parloa.*)

#### TOMATO SOUP.

Stock ;  
One can tomatoes ;  
One quart milk ;  
Toasted bread ;  
Salt and pepper.

To prepare stock ; boil the meat the day before, removing it when done ; stand aside to chill ; when ready to make soup, skim off all the fat ; put stock on to heat ; add tomatoes ; put the milk on to heat ; cut toasted bread (a few slices) into diamond pieces, place in tureen ; when ready to serve, pour both milk and soup on toast. In summer, use fresh tomatoes.

#### MILK SOUP.

One pint of rich milk ;  
One-half of an onion ;  
Two good-sized potatoes ;  
One large tablespoonful of butter ;  
Two tablespoonfuls of Tapioca.

Boil and mash the potatoes very fine ; add the butter, then the tapioca, after it has been soaked two or three hours in enough water to cover it ; chop the onion very fine, add a little salt and pepper ; let the water and milk come to a boil with the chopped onion ; then strain it all ; boil one-half hour, and it is ready to serve.

#### SUMMER SOUP.

Two quarts soup stock, made by boiling your mutton bone, from which you have cut all the meat, with a pound of lean beef, chopped in four quarts of water. Reduce the liquid by boiling to one-half the original quantity. Four cups shelled green peas, two quarts shelled Lima beans, one onion chopped

fine, six large tomatoes, two tablespoonfuls butter rolled in flour. Lay the peas and beans in cold water for an hour. Strain and heat your soup ; put in all the vegetables and season to taste. Simmer a full hour covered ; add the butter and flour, cook half an hour longer.

#### · VEGETABLE SOUP.

One shin-bone ; two and a half pounds beef. Make stock, to which add one-quarter pound barley, and boil about an hour ; then chop fine and drop in all together two large white potatoes ; two tomatoes ; one small head cabbage ; one onion ; one grated carrot ; one bunch herbs. Boil an hour longer.

#### OYSTER SOUP.

Fifty oysters ;  
Two quarts milk ;  
Salt and pepper ;  
Butter, size of egg ;  
Two tablespoonfuls flour.

Put oysters and milk in separate pans to heat ; when nearly ready to serve, pour both together ; add flour, mixed in a little water, butter, salt and pepper. Let this boil only a few minutes ; serve with small oyster crackers.

# FISH.

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## PREPARING FISH.

Frying is not the only, though the most common way, of cooking fish. Just here, let me give you a hint for scaling fish. Dip it in boiling water—dip it, don't let it stay a moment. Now try your knife, and you will be delighted to see how quickly and cleanly the scales can be removed. The larger fish are preferable to the smaller ones for baking or steaming. Rub the fish with pepper and salt; then place it in a pan with just enough water to keep it from scorching. Baste frequently with butter and water.

In selecting fish, take those that are firm and thick, having stiff fins and bright scales, the gills bright red, and the eyes full and prominent. When fish are long out of water, they grow soft, the fins bend easily, the scales are dim, the gills grow dark, the eyes sink and shrink away. Be sure and have them dressed immediately; sprinkle them with salt, and use them, if possible, the same day. In warm weather, put them on ice, or corn them for the next day. Shell-fish can be decided upon only by the smell. Lobsters are not good unless alive, or else boiled before offered for sale. They are dark green when alive, and red when boiled. When to be boiled, they are put into boiling water, which is the quickest and least cruel way to end life.

## TO CHOOSE A LOBSTER.

Take the small ones that are heavy for their size; larger ones are coarse and tough. If you buy them boiled, see that the tail is stiff and elastic, so that when you bend it out it springs back immediately; otherwise it was dead before boiling and is dangerous

as food. Mrs. Rorer advises to put the lobster head downward in a kettle of warm (not boiling) water, which smothers it instead of scalding it to death. Add a tablespoonful of salt, cover the kettle, and stand over a very hot fire. A half an hour should cook a lobster of medium size—a large one takes three-quarters. Longer cooking makes the meat tough. When done and cool, separate the tail from the body, and twist off the claws, shake out carefully the liver, draw the body from the shell, removing the stomach, sometimes called the lady, which is found immediately under the head. Cut the under side of the tail shell, loosen the meat and take it out in one solid piece. Now, split the meat of the tail open, and you will uncover a little vein running its entire length. This vein is not always the same color. Sometimes it is red, sometimes black and sometimes white; but in all cases it must be carefully taken out and thrown away. The gall, the lady and the drab, spongy fingers between the body and shell are the only other parts not eatable. Crack the claws, take out the meat; the coral and the green fat are the epicure's portion of this dish. Serve either plain or with a mayonnaise.

#### PICKED CODFISH.

Soak first in cold water, until well freshened; pick fine and put in frying-pan, with two tablespoons of butter, one-half teacup sweet cream or milk, pepper to season. Stir until very hot, then serve.

#### CODFISH CAKES, OLD STYLE.

Two and a half pounds of codfish;  
Half-peck white potatoes;  
Half-pound of flour;  
Two ounces of butter;  
Black pepper to taste.

Put the fish into cold water; place it upon the fire and allow it to scald, not *boil*, for this renders it tough. After scalding,

remove the skin and shred finely, being careful to remove all the bones. Boil and mash the potatoes, and mix them thoroughly with the fish. Then make a drawn butter, with butter and flour, seasoning it with pepper, but no salt. Mix all the ingredients well together, then make the mass into small cakes, and fry to a rich brown color, in plenty of sweet drippings made boiling hot before the cakes are put in.

#### CODFISH HASH.

Put into plenty of cold water at bed-time dried codfish; at breakfast time, bring it to scalding heat for an hour (never letting it boil). Boil potatoes; while hot, mash fine with a fork; skin and boil the fish, and pick up; to two pints of potatoes, put one pint of fish, piece of butter size of a large egg. Half an hour before dinner, put into a frying-pan a piece of butter and let this brown; dish hot. This is richer fried in salt pork. Fry the pork brown first.

FRESH FISH HASH made like the above.

#### ESCOLLOPED CODFISH.

A piece of salt codfish five inches square; eight crackers; soak them separately over night; in the morning, mince the fish fine in a chopping tray, with the crackers drained as dry as possible; place on an earthen dish with four eggs well beaten; one quart of milk; piece of butter the size of an egg; pepper and salt; bake one hour. (Nice for breakfast or tea.)

#### BROILED SHAD.

There is no article of food that is so easily and completely ruined by ignorance on the part of the cook as fish. A male shad is always superior. If you are fond of the roes, buy them separately. The first essential is that the fish should be fresh; if the eyes are clear, the gills red, and the fins stiff, you are safe in purchasing. Use a double gridiron; heat it and rub the bars



with a bit of suet before laying on the fish. Broil them ten or fifteen minutes, according to the size. If you turn the fish frequently, it need not be scorched in the least. It is done when the bone will lift readily from the flesh. Of course, a shad must be split down the back for broiling. Fry the roe, and mash it with a teaspoonful of butter, a teaspoonful each of lemon-juice and chopped parsley, and salt and pepper to taste. Raise the bone of the thick half of the fish, and spread half of the sauce over the fish, replacing the bone; spread the remaining sauce over the thinner half, and place in the oven for a moment. Asparagus, in season, is always the accompaniment of shad.

#### STRIPPED FISH.

One cup salt fish, fine; boil in one quart milk; add one egg, one tablespoon butter, one and a half tablespoon corn-starch. Be careful it does not burn.

#### BAKED WHITE FISH.

Fill with a stuffing of bread-crumbs and butter; sew up, and sprinkle with butter, pepper and salt; dredge with flour, and bake one hour, basting often. Serve with egg sauce.

#### BAKED HALIBUT.

Order a piece of halibut weighing about four pounds. Lay it in salt and water for an hour before cooking. Wipe dry, score it across the top with a sharp knife, and lay it in a dripping pan. Bake about an hour in a steady oven, and baste several times with hot water and melted butter. When it is done, lay it on a hot dish; strain the gravy left in the pan and boil up after adding two teaspoonfuls of butter rubbed smooth with two tablespoonfuls of browned flour. Just before taking from the fire, add a tablespoonful of Harvey's or Worcestershire sauce and the juice of a lemon. Pour part of the gravy over the fish, and pass the rest in a gravy boat.

## FISH BAKED IN CREAM.

Boil about ten minutes, or till the flesh will come from the bones; flake it, and put a layer in a buttered dish; sprinkle in a little salt, pepper and sage, if liked; then more fish, and so on until it is all used up. Then pour over it a dressing made as follows, while the fish was boiling: One pint milk, one heaping teaspoon flour, butter size of small egg, pepper and salt; stir over fire to thicken. Lastly, put rolled crackers or bread-crumbs on top, and bake half an hour in quick oven.

## FISH A LA CREME.

Boil a fish weighing four pounds in salted water; when done, remove the skin and flake it, leaving out the bones. Boil one quart of rich milk. Mix butter, size of small egg, with three tablespoonfuls of flour, and stir it smoothly in the milk, adding also two or three sprigs of parsley and half an onion chopped fine; a little cayenne pepper and salt; stir it over the fire, until it has thickened. Butter a baking dish; put in first a layer of fish, then of dressing, and continue alternately until all the fish is used, with dressing on top. Sprinkle sifted bread-crumbs and grated cheese over the top. Bake half an hour, and garnish with parsley and slices of lemon.

## FISH PATES.

White fish is preferable; but any other will answer. Par-boil the fish until tender; take out all the bones and remove the skin; pick up the fish into small pieces; use part of the water in which the fish has been boiled, with an equal quantity of sweet milk; put back on the stove, and when ready to boil stir in flour or corn-starch sufficient to make a creamy batter; put in butter the size of an egg; a very little onion finely chopped, with parsley; grated nutmeg, salt, pepper, a trifle of lemon juice; stir the fish into this mixture; let boil up; fill cups, and cover with grated bread-crumbs; small pieces of

butter on the top of each ; set these in the oven to brown, and serve hot. Proportions vary with the size of fish.

#### SALMON SCALLOPS.

One can salmon ;  
One egg, beaten light ;  
One cup bread-crumbs ;  
Half cup good drawn butter ;  
Minced parsley ;  
Pepper and salt.

Open the can some hours before the salmon is to be used. Pick the fish fine, removing all bits of bone or skin. Stir in the egg and seasoning, and beat the fish into the hot drawn butter. Remove from the fire, and fill buttered scallop-shells or small pans with the salmon ; sprinkle thickly with crumbs ; dot with bits of butter, and brown lightly in the oven. Eat from the shells.

#### CLAM CHOWDER (No. 1).

One-half pound pork ;  
Fifty clams ;  
One-half pound pearl oysters ;  
One-half dozen large potatoes ;  
One bunch parsley.

Cut the articles into small pieces ; place in a boiler in layers in the following manner : Pork, potatoes, crackers, parsley, salt and pepper ; small piece of butter ; strain the juice of the clams, and pour it with sufficient quantity of cold water to cover the contents of the boiler ; boil slowly for two or three hours, stirring occasionally.

#### CLAM CHOWDER (No. 2.)

Two slices of salt pork chopped fine, two onions, six potatoes, two carrots, four tomatoes, one turnip and a little parsley

chopped fine together; one quart of clams chopped; pepper and salt to taste; put the chopped pork into a porcelain-lined pot, and cook until the fat is all fried out of it, then add the liquor of the clams. Let it come to a boil, and put in the chopped vegetables with half a cup of hot water; let it come to a boil, and then add the chopped clams and another half cup of hot water. Let it cook slowly two or three hours. This quantity is sufficient for five persons.

#### QUAHAUG CAKES.

One cup milk; two eggs; one teaspoonful cream tartar; one-half teaspoonful soda; one teaspoonful quahaug chopped fine; little salt; flour enough for a stiff batter. Drop into a spider of boiling fat and fry brown.

#### LITTLE PIGS IN BLANKETS.

Drain your oysters, and wrap each one in a very thin slice of bacon; pin together with thin skewer of wood (not pine); broil on a close, wire, oyster gridiron.

#### CURRIED OYSTERS.

Twenty-five oysters drained and dried; take a tablespoonful of butter, one slice of onion, one tablespoonful of flour, half a pint of the liquor of oysters, one teaspoonful of curry powder, one teaspoonful of salt.

#### OYSTERS PANNED (No 1).

One quart oysters;  
One dozen rounds toasted bread;  
Two tablespoonfuls butter;  
Pepper and salt.

Butter a dozen small patty pans. They should be rather deep, and, if possible, have straight sides. Cut the rounds of toast to fit these, and lay one in the bottom of each, buttering

them lightly, and moistening each with a tablespoonful of oyster liquor. Place on the toast as many oysters as the pan will hold readily, dot with bits of butter, sprinkle with pepper and salt, and add a little oyster liquor. Set in a steady oven for from five to ten minutes, until the oysters "crimp." Eat from the pans.

#### OYSTERS PANNED (No. 2).

Place the oysters in a pan with their own liquor, and good piece of butter and pepper and salt ; cover and place over the fire, shaking them occasionally. When the oysters are swelled, turn in a dish and serve hot.

#### OYSTER PIE.

Take fifty oysters in their own liquor ; let them come to a boil ; have a deep pie-plate ready with under crust ; skim out the oysters, with a little juice, and drop in small pieces of butter, pepper and salt. Place on the top crust, and bake. Serve the juice with the pie.

#### FRIED OYSTERS.

Take the oysters from the liquor, and dip in cracker dust ; then dip in the egg batter, then in the cracker dust again, and fry in boiling lard.

#### EGG BATTER.

Two eggs beaten ;  
One teacupful of milk.  
One-half teaspoonful of baking powder.

#### VEAL OYSTERS.

The best first cut from leg of veal, cut thin in small squares ; put one large oyster in each square piece and sew up ; one large oyster or two small ones seasoned with salt and pepper and butter, put in a pan, place in oven—pan hav-

ing a little water and butter to keep from burning ; cook until the veal is tender and brown ; put on a flat dish garnished with parsley and celery ; into the juice which remains in the pan, put in some good cream, a trifle of flour for thickening ; let come to a boil, and pour over your veal oysters, having renewed strings. This is a delicate and excellent dish.

#### FANCY TOAST.

One quart of nice oysters ; let them boil in their own liquor for a few minutes ; add a tablespoonful of butter ; a little pepper and salt ; then pour over toasted bread.

#### DEVILED CRABS.

Twelve nice heavy crabs ;  
One-half pint of cream ;  
Two tablespoonfuls of flour ;  
One-quarter of nutmeg grated ;  
Four hard-boiled eggs ;  
One tablespoonful of salt ;  
One tablespoonful of butter ;  
One tablespoonful of chopped parsley ;  
Little cayenne pepper.

Put the crabs in hot water ; add the salt, and put the kettle over a brisk fire ; boil thirty minutes ; take up and drain ; break off all the claws and separate the shells ; remove the spongy fingers and the stomach which is found under the head ; pick out all the meat ; put the cream on to boil ; rub the butter and flour together ; add to the boiling milk ; stir and cook for two minutes ; take from the fire ; and add the crab meat, the yolks of the hard-boiled eggs mashed fine, the whites cut fine, the parsley, nutmeg, salt and cayenne. Clean the upper shell of the crabs, fill with the mixture, brush with beaten eggs, and cover with bread-crumbs ; put in a quick oven to brown ; or better, put them in a frying basket and plunge into boiling fat until a nice brown.

# MEATS.

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## HOW TO SELECT MEATS.

In selecting beef, choose that which has a loose grain, easily yielding to pressure, of a clear red, with whitish fat. If the lean is purplish and the fat yellow, it is poor beef. Beef long kept turns a darker color than fresh killed. Stall-fed beef has a lighter color than grass-fed. Ox beef is the best, and next that of a heifer.

In cold weather, it is economical to buy a hind-quarter; have it cut up, and what is not wanted immediately pack with snow in a barrel. All meats grow tender by keeping. Do not let meats freeze; if they do, thaw them in cold water, and do not cook them until fully thawed. A piece weighing ten pounds requires ten or twelve hours to thaw.

In selecting veal, take that which is firm and dry, the joints stiff, having the lean a delicate red, the kidney covered with fat, and the fat very white. If you buy the head, see that the eyes are plump and lively, and not dull and sunk in the head. If you buy the legs, get those which are not skinned, as the skin is good for jelly or soup.

In choosing mutton, take that which is bright red and close-grained, with firm and white fat. The meat should feel tender and springy on pressure. Notice the vein in the neck of the fore-quarter, which should be a fine blue.

In selecting pork, if young, the lean can be easily broken when pinched, and the skin can be indented by nipping with the fingers. The fat also will be white and soft. Thin rind is best.

In selecting hams, run a knife along the bone, and if it comes out clean, the ham is good ; but if it comes out smeared, it is spoiled. Good bacon has white fat, and the lean adheres close to the bone. If the bacon has yellow streaks, it is rusty and not fit to use.

In hot weather, if there is no refrigerator, then wipe the meats dry, sprinkle on a little salt and pepper, and hang in the cellar.

#### TO ROAST MEATS.

Beef should be roasted ten minutes to the pound ; mutton, ten or eleven minutes to the pound ; lamb, twelve minutes to the pound ; veal, fourteen minutes to the pound, and pork, fifteen minutes to the pound. A ten-pound turkey will take from one and a half to one and three-fourths hours. A four or five-pound chicken will take from one and a half to one and three-fourths hours.

#### TO BOIL MEATS.

Put fresh meats into boiling water. Salt meats must be washed and put into cold water. Mutton should be boiled ten minutes to the pound ; corned beef, fifteen minutes to the pound ; a ten-pound turkey should be boiled about two hours. Beef tongue: Soak over night in cold water, and boil slowly, until you can run a fork in easily. Smoked ham should be boiled fifteen minutes to the pound.

#### PIN BONE.

A pin bone of beef makes an excellent roast ; ask for one about six pounds ; roast fifteen minutes to the pound ; beef is much better cooked in a very hot oven.

#### TO COOK A NECK PIECE OF BEEF.

Wash it thoroughly, and put into a kettle of scalding hot water ; let it boil till nearly done ; add salt, and boil one hour



longer or until it is perfectly tender; pick the meat off bones; chop; season with salt and pepper; add the liquor the meat was boiled in, and press. Serve when cold.

#### MEAT RISsoles.

Make a hash in the following way: Take any pieces left from cold roasts, steaks, or stews; chop very fine. To every quart of this meat allow

One onion;  
One tablespoonful of butter;  
Two hard-boiled eggs;  
Half pint of hot water;  
Salt and pepper to taste.

Chop the onion and hard-boiled eggs very fine; put them with the meat into a stewing pan; add the butter, salt and pepper. Stew and stir over a slow fire for fifteen minutes. Then roll out any pieces of plain or puff paste left from pies or patties; cut into cakes with a cutter five inches in diameter; place one tablespoonful of the hash a little on the side of the centre; fold over the other side of the paste like a turnover; press the edges tightly together, and so on until you have them all made. The recipe given will make two dozen. Place in a baking pan, and bake in a quick oven fifteen minutes. Serve on a heated napkin with Béchamel sauce in a boat.

(*Mrs. Rorer.*)

#### SMOTHERED BEEFSTEAK AND ONIONS.

Put in a sauce-pan six onions cut fine; two cups of hot water; two ounces of butter; a little pepper and salt; cook till soft; then add cold cooked steak cut in small pieces; cook a few minutes; add a little flour.

#### SKIRT STEAKS.

Take two skirt steaks and fill them with one bunch of chopped carrots and one bunch of pot-herbs; roll them up;

tie securely; boil three and a half hours; when done, take them out of pot; put in a skillet with a cupful of the liquor in which they were boiled, and brown nicely. This is very economical, and makes an excellent dish.

#### CHOPPED STEAK.

Two pounds of steak from the round, removing the fat and skin; chop it fine; then, having the spider hot, put it in, and when half done (stirring it all the time), add salt, pepper and a teaspoonful of butter.

#### STUFFED BEEFSTEAK.

Take a cutting of round; pound it well; season with salt and pepper; spread over it a nice dressing of bread-crumbs, seasoned with thyme, parsley, sage and pepper; roll up and tie closely; put in a kettle with one cup of boiling water, and boil slowly one hour; then put in a dripping pan with a little water in which it was boiled, and bake until it is a nice brown, basting it frequently; make the gravy of the drippings. An inferior piece of meat cooked in this manner may be made very palatable.

#### STEWED BEEFSTEAK.

Roll with a rolling-pin; flour, season, and fry with sliced onion to a light brown; then lay them in a stew-pan, pour as much boiling water as will serve for sauce, stew half an hour, and add a spoonful of catsup before serving.

#### BEEF STEW.

Two pounds beef;	One-half pint milk;
Two quarts water;	Two tablespoonfuls butter;
Two carrots;	Two tablespoonfuls flour;
Two onions; Season to taste.	

Cut the meat in small strips; cover with two quarts of cold water; let stand at least half an hour; bring slowly to a boil

for two hours; add carrots, onions, seasoning, cooking one hour longer; rub the butter and flour together; put it into part of the liquor, making it thick enough to pour back on the stew; add the milk.

### WALLED BEEF.

Chop beef, or any kind of cold meat; season with salt, pepper, a small piece of onion and a piece of butter the size of a walnut; put in a pan, cook the same as hash, using a little flour to thicken; take hot mashed potatoes, after putting meat in dish in which it is to be served, and make a wall around the dish; brush with the yellow of an egg, and put in a hot oven to brown. This makes a pretty dish.

### BROWN POT ROAST.

Take piece of suet, and fry out in pot; put four pounds of beef off tender side of round into the pot. Brown on both sides; cover and stew for one hour; thicken gravy and serve hot.

### BEEF A LA MODE.

Take about five pounds of the round, five inches thick, with a steel make holes through it at small distances apart; then roll strips of salt fat pork in pepper, cloves and allspice, and put into the holes. Lay it on a pan, cover closely, and cook in a steamer three hours. When done, thicken the gravy in the pan with flour.

### MUTTON AND LAMB.

The forequarter of a sheep contains the neck, breast and shoulder, and the hindquarter, the loin and leg. The two loins together are called the chine or saddle. A hind or fore-quarter of lamb is generally roasted at one time; in carving a fore-quarter of lamb, the first thing done is to separate the shoulder from

the breast, and carve the parts separately. In carving the hind-quarter, the leg is separated from the loin. Roast lamb is always served with mint sauce; and roast mutton with currant jelly, and should also be accompanied with mashed turnips.

#### BAKED LEG OF MUTTON.

Take a leg of mutton weighing six or eight pounds; have the bone removed, and fill the cavity with a dressing made of four ounces of suet, two eggs, two ounces of chopped ham, six ounces of stale bread, one onion, a little sweet marjoram, nutmeg, salt and pepper; sew up, lay in pan, add a teacup of water, and put in a hot oven; baste frequently, and cook three hours.

#### LARDED SHOULDER OF MUTTON.

Make deep, narrow cuts in the shoulder of mutton with a sharp knife, and in these incisions insert narrow strips of fat salt pork. They should be long enough to project a little way on each side. Lay the mutton in a dripping-pan; dash two cupfuls of boiling water over, cover with another pan and bake two hours, basting from time to time with its own gravy. When it is tender, uncover and brown, basting twice with butter and current jelly. Keep the meat hot, while straining and thickening the gravy left in the pan, as before directed. Send to table separately.

#### MUTTON PIE.

Take one and a half pounds of chops off loin; cover with hot water; season with pepper and salt; stew for half hour, then add potatoes cut in pieces, and four onions. When potatoes are half done, thicken with flour. Place all in a dish, cover with thick crust, and bake until brown.

#### COLD MEATS.

Chop fine and season with onions, pepper and salt; add gravy; cover an inch thick with mashed potatoes and bake.

## VEAL.

The fore-quarter of a calf comprises the neck, breast and shoulder. The hind-quarters consists of the loin, fillet and knuckle. Separate dishes are made of the head, heart, liver and sweetbread. The flesh of good veal is firm and dry, and the joints stiff. The lean is of a very light, delicate red, and the fat quite white. In buying the head, see that the eyes look full, plump and lively; if they are dull and sunk, the calf has been killed too long. In buying calves' feet for jelly or soup, endeavor to get those that have been singed only, and not skinned; as a great deal of gelatinous substance is contained in the skin. Veal should always be thoroughly cooked, and never brought to the table rare or underdone, like beef or mutton. The least redness in the meat or gravy is disgusting. Veal suet may be used as a substitute for that of beef; also veal dripping. Veal is never simply boiled; it is too insipid; but can be stewed, roasted or fried.

## VEAL CUTLETS.

Dip each cutlet in the beaten egg, then in peppered and salted cracker dust; fry in hot drippings to a rich golden brown.

## DEILED VEAL.

Three pounds of raw veal and two slices of salt pork chopped fine; six pounded crackers; one teaspoonful of pepper; one-half teaspoonful of nutmeg; one teaspoonful of salt; three eggs; mix well together; make into a loaf, and bake two hours; baste with butter and water. (Beef can be made in the same way.)

## COLD SOUP MEAT.

Cut in small pieces, one and a half pounds of soup meat. Put one tablespoonful of butter in a pan; cut a good-sized

onion fine; dredge in a teaspoonful of flour; stir and cook five minutes; then add the meat; half teaspoonful of whole allspice and cloves (mixed), two tablespoonfuls of vinegar; pepper and salt; half pint of hot water. Cook twenty minutes and serve hot.

#### ESCALOPED MEAT.

Take cold meat, beef, veal or chicken, and chop fine. Put a layer of meat in a pan, and then a layer of bread-crumbs alternately, until the pan is full. Season with butter, salt and pepper; moisten with water; cover, and put in the oven. When nearly done, remove cover and let brown on top.

#### MEAT STEW.

Take cold mutton or beef; cut into small pieces; take uncooked potatoes and cut in small pieces. Put the meat and potatoes in a kettle with enough water to cover them; stew till very tender; season with pepper and salt. Have ready four or five pieces of toast on a platter, and pour the stew over them.

#### COLD MEAT STEW.

Take cold roast beef; cut into good-sized pieces; put it into a small pot of hot water, with one grated carrot, one small onion, pepper and salt; let come to a good boil. Thicken with a little flour.

#### MEAT AND POTATO PUFF.

Take cold beef or mutton, cut into small pieces; put in a pot with a little water; add a cup of gravy, if you have it; shred into it a small onion; add herbs (thyme, sweet marjoram, or parsley, whichever is preferred); salt and black pepper; stew slowly; boil potatoes; mash them; and while hot, beat into them a tablespoonful of butter, two of cream and milk;

beat two eggs, yolks and whites separately ; add the yolks to the potatoes ; beat well ; then the well beaten whites stirred lightly ; have a baking dish ready ; pour into it the stewed meat (which should not be too moist) ; pour over the meat the potato puff ; put into the oven, and bake until the potato is of a golden brown. Take out and serve at once. If properly mixed and beaten, the potato puff will be light as an omelet and a delicious preparation. The puff can be poured into a buttered dish and baked without the meat, if preferred.

#### TO USE PIECES OF ROAST.

Take a little butter, and fry some sliced onion ; take meat, gravy, turn this to it ; add a little curry powder, and season to taste ; lay in bits of meat, and just let it heat through ; do not cook, as it toughens it.

#### BAKED HAM.

Soak a ham in water over night ; skin and lay it in a dripping pan, with one pint of vinegar ; bake four hours ; baste every fifteen or twenty minutes. Half an hour before done, take it out, and cover with cracker crumbs, dotted with black pepper and whole cloves.

#### PRESSED CORN BEEF.

Boil a nice piece of corned beef, without a great deal of fat, four hours ; cut it up in a bowl not very fine, but enough to mix it well together ; press over night.

#### BEEF LOAF.

One and a half pounds of round steak chopped very fine ; two eggs ; one tablespoonful of salt ; one teaspoonful of pepper ; one small cup of rolled crackers ; one small cup of milk ; bake in a pan with plenty of butter on the top.

## CHOPPED HAM.

To a cupful, allow a rounding cup of cracker-crumbs, or two cups of bread-crumbs, four hard-boiled eggs, one and one-half cups of milk or water, tablespoonful of butter, unless the ham is fat, if so, use but a teaspoonful. Butter a baking dish, put in a layer of crumbs, one of ham, one of egg (sliced thin), and so proceed till all is used, having a layer of crumbs on top. Pour the milk or water carefully over the top before the last layer of crumbs is added, then put the crumbs over; cut the butter in pieces and put over the top, and place in a quick oven for about half an hour, or until nicely browned, and serve hot. If it seems too dry when it begins to brown, add one-half cup of boiling water. It is difficult to give just the amount, as there is so much difference in bread and crackers, some absorbing a great deal more moisture than others.

## DRIED BEEF.

Cut the beef in strips, trimming off the fat. For fifty pounds of meat, take one quart salt; one ounce saltpeter; put them in a smooth iron kettle; place over the fire till quite hot, then put in molasses till the mass resembles brown sugar. Stir well, rub the meat on all sides with the mixture while hot, immediately packing it in tub or jar; turn the meat over every day; it needs no water, as the juice of the meat and molasses will fill all the crevices. After ten days, take out the meat, rinse it in water, wipe it and hang it up to dry where it will not freeze. Meat thus prepared is very tender and peculiarly delicious.

The recipe does equally well for hams.

## KANE CITY SCRAPPLE.

After taking the eyes out, take a pig's head and boil it until it leaves the bone. After taking out the bones, retain about two quarts of the liquid, and season to the taste; then add one



cup of buckwheat flour and add enough corn-meal until it becomes a stiff batter. Of course, the head must be chopped fine before stirring it up with the liquid and meal. Put it into a mould and press it; leave it to get cold before turning out. If there are any little pieces of the pig left, they can be chopped up with the other ingredients.

#### MEATIES.

One pint of cold cooked meat of any kind, chopped fine, and mixed with half pint of mashed potatoes; one egg, and a little milk, just enough to moisten the mixture to form into small cakes; dip in bread-crumbs, and fry brown.

#### MEAT SCRAPS.

Any kind, or several different kinds, can be put together; chop very fine; put in a baking dish; then put in a layer of meat and a layer of grated bread-crumbs; this alternately, until the dish is full, having the crumbs on the top; season with pepper and salt; put plenty of gravy over it, and if not enough gravy use water; bake a full hour until nicely brown.

#### ANOTHER WAY.

Mix the chopped meat, bread-crumbs, and cold mashed potatoes, one egg, salt and pepper, and heat all together on the stove with plenty of gravy; then put in muffin tins and bake quickly; they will turn out nicely if the tins are well greased. This recipe calls for two cups meat, one cup bread-crumbs, one-half cup potatoes.

#### HASH.

Make hash very often in summer mornings when it is not too hot, which, baked in roll pans makes an entirely different dish from the platter of hash just warmed up in a frying-pan. Cold veal makes a very nice hash, and cold chicken may be used in the same way.

Chop the meat very fine, and to a cup allow a cup of finely chopped potato (cold boiled potatoes should be always on hand, when hash is wanted); two-thirds of a cup of fine bread-crumbs, an egg, a tablespoonful of butter, and salt and pepper to taste. Put one-half cup of water or milk in a saucepan, add the butter, one-half teaspoonful of salt, a little pepper, if liked; and when boiling hot, stir in the hash, which should be well mixed together in the chopping tray, and stir till well heated through. Remove from the fire, put the roll pans on the stove to heat, and butter them well. Beat the egg and stir into the hash; when the roll pans begin to smoke, put a tablespoonful in each, dividing the remainder as evenly as you can, if there is more than this amount. Smooth over the tops, and put into a hot oven till nicely browned. Turn out on a hot plate, and serve as soon as possible. Corned beef or any kind of fresh meat may be used in this way.

#### HASH.

Take any cold meat that you have; one onion; salt and pepper; chop up fine altogether; add a large spoonful of flour, and a piece of butter the size of a walnut; pour hot water over the flour and butter; stir till the flour is all dissolved; pour it on the meat, and let it come to a boil.

#### CORN-BEEF HASH.

Should have some of the fat instead of butter, and wet with water instead of milk; meat and potatoes in proportion as you like.

#### BOSTON BROWN HASH.

Chop any remains of steak, roast, or stew, very fine; grease a deep dish; put a layer of mashed potatoes (cold ones left over will answer) in the bottom of the dish, then a layer of meat, then a layer of stale bread-crumbs, and so on until the dish is full; sprinkle with salt and pepper; place here

and there a few bits of butter ; moisten with half a cup of beef gravy ; put a layer of potatoes on top ; dip a knife into milk and smooth over top ; bake in a moderate oven about a half hour until a nice brown ; serve hot.

#### WORCESTERSHIRE HASH.

Take two tablespoonfuls of flour, place in a pan and brown ; add the chopped meat, and cover with hot water ; one teaspoonful of Worcestershire sauce ; stir all together until well warmed ; serve on toasted bread.

#### HASH.

Chop fine, beef or mutton. Half meat and half potatoes, or more potatoes, if liked, but no fat of the meat ; butter, salt, pepper to taste, and new milk. Heat together, say, twenty minutes.

#### VEAL HASH AND CHICKEN HASH.

Chop fine ; salt, pepper, butter to taste ; milk for moisture. Heat, say, fifteen minutes. Dish hot on toast.

#### COLD HAM "HASH GEMS."

If boiled, it is all ready to chop. If fried, put in a saucepan with cold water ; let it heat gradually, and just come to a boil. Then drain and chop. To a cup of the chopped ham, allow one cup of potato, and one cup of bread ; two or three hard-boiled eggs, chopped fine, and add two tablespoonfuls of cream to the beaten egg, if you have it.

#### BROWNING FOR GRAVIES.

Melt a quarter of pound of sugar in a saucepan and brown, and a fourth pint of water ; stir ten minutes and bottle.

# POULTRY.

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## SELECTING POULTRY.

In selecting poultry, choose those that are full grown, but not old. When young and fresh killed, the skin is thin and tender, the joints not very stiff, and the eyes full and bright. The breast-bone shows the age, as it easily yields to pressure if young, and is tough when old. If young, you can with a pin easily tear the skin. A goose when old has red and hairy legs; but when young they are yellow, and have few hairs. The pin feathers are the roots of feathers, which break off and remain in the skin, and always indicate a young bird. When very neatly dressed, they are pulled out.

## BOILING A TURKEY.

Take a nice plump hen turkey which has hung for a few days—a week, if the weather will permit—pluck, singe and draw; fill with force-meat, veal, oyster or chestnuts. Truss for boiling, remembering to draw the legs well up into the body, and bind it securely with tape. Dredge flour all over, and put it into a large saucepan, with just sufficient warm water to cover it. Add teaspoonful of salt, two small carrots, one onion, stuck with three or four cloves, a dozen pepper-corns, a bunch of parsley, and a few outer sticks of celery. Bring the whole slowly to boiling point, skim the liquor very carefully, and let it simmer gently till the turkey is tender. A bird weighing ten pounds will require to simmer for two hours, counting from the time the water reaches boiling point. When sufficiently cooked, take up the turkey, drain it for a minute, and serve it on a very hot dish. Pour a little good melted butter, or white

sauce over it, and send either parsley, celery sauce, oyster sauce, chestnut sauce, Dutch sauce, good melted butter, flavored with horse-radish, to table with it. All these sauces are suitable accompaniments; but the one chosen must always be in keeping with the force-meat with which the turkey is stuffed. Garnish the dish upon which the bird is served with little rolls of boiled bacon, or ham; thin slices of tongue, or small force-meat balls; or, if preferred, with sprigs of fresh parsley and sliced lemon.

#### TRUFFLED TURKEY.

Take a plump and young turkey, weighing about ten pounds, and let it also be fresh killed. Then select a pound and a half of sound truffles, washing and cleaning them thoroughly to rid them of all earthy or gritty substances. Cut a pound of the truffles into balls from an inch to an inch and a half in diameter. Weigh the trimmings or parings, and pound them to a smooth paste. Then take an equal weight of fat bacon, cut it and pound it until smooth; mix it with the truffle paste, and season the whole with salt and pepper. Now, blend the mass together, and, when perfectly smooth, mix the truffle balls with it, and stuff the turkey with this force-meat. The turkey should hang for at least a week after it is thus stuffed, or even longer would be better, if the weather is cold enough. To roast the turkey, cut a thin slice of fat bacon and lay it upon the breast, and over the bacon lay a piece of buttered paper. Place the bird in the oven, with a hot fire, remembering that a roast turkey is not apt to be injured by too much basting. When done, serve hot, with or without truffle sauce. If the latter is preferred, make it as follows: Put half a dozen finely-minced truffles into a saucepan with some good butter; set the pan over the fire, shaking it frequently, for ten minutes; then have dissolved in half a pint of boiling water two teaspoonfuls of fluid beef. Pour this into the pan with the minced truffles, seasoning with pep-

per and salt to taste. Now, set the pan where the contents may simmer gently for fifteen minutes, when, after skimming the fat from the surface, the sauce is ready to serve.

*(The Caterer).*

### BONED FRIED CHICKEN.

First, the chicken must be young ; take the meat off nicely from breast and thighs, and cut into uniform pieces ; dredge with flour, pepper and salt ; fry in hot butter, with the lid close on the pan ; turn as soon as pale brown and put on fine-chopped parsley ; when both sides of the pieces are browned nicely, add enough water to cook the chicken well ; lastly, a cup of good sweet cream after the water has boiled away. The gravy should be like good cream in thickness ; pour over the chicken hot ; the livers and heart are also fried ; the wings, legs and other bony parts are good for a breakfast stew with hot cakes.

### FRICASSEE CHICKEN.

Cut up a nice tender chicken into pieces ; stew till tender. Remove the chicken, let the liquor come to a hard boil ; add quickly four tablespoonfuls flour, yolks of two eggs, one cup of milk mixed together ; boil a few minutes ; sprinkle with a little chopped parsley ; pour over chicken and serve.

### CHICKEN POT-PIE.

Joint a chicken as for a fricassee, and put it into a wide saucepan with a quarter of a pound of salt pork cut into narrow strips, and a minced onion. Pepper to taste. The pork will salt it sufficiently. Pour in enough cold water to cover the contents of the pot well. Make a good biscuit dough or plain pie paste, cut a round crust to fit the size of the pot and lay it over the chicken, etc. Stew two hours. Heat a stove shovel red hot and brown the crust by holding the shovel over

it. Take off the crust carefully, that you may not break it, and put it aside where it will keep hot. Remove the chicken to a warm dish, bring the gravy left in the saucepan to a hard boil and drop into it squares of your pie paste. Let them cook ten minutes, take them out and arrange about the chicken. Thicken the gravy with a tablespoonful of butter rolled in flour, pour over the chicken and lay baked crust on top of all.

#### FRIED CHICKEN.

Parboil until very tender ; have some butter melted in a frying-pan ; fry the chicken quickly, take out and add flour, pepper and salt to the butter ; when this boils, stir in a little milk and a few spoonfuls of chicken gravy, taking care not to have it too thick, and pour over the entire chicken.

#### A NICE GRAVY FOR ROAST CHICKEN OR TURKEY.

Take the heart, liver and kidneys and cover with water ; cook until very tender, then mince fine ; put back into liquor, and pour all into the roasting-pan ; salt, pepper and thicken with flour.

#### ROAST DUCK.

Draw and singe the same as chicken. Wipe inside and out with a damp towel. Make a stuffing from

One cup of bread-crumbs ;  
One teaspoonful of powdered sage ;  
One boiled onion, mashed fine ;  
One large tablespoonful of butter ;  
One teaspoonful of salt ;  
One-quarter teaspoonful of pepper.

Mix the whole well, and fill the space from which the crop was taken and the body of the duck ; sew and truss them the same as a chicken. Place in a baking pan ; cover the breast with a thin slice of bacon ; add a half cup of water and a half teaspoonful of salt to the pan ; and bake in a quick oven (if a

full grown duck) one and a quarter hours, basting every ten minutes. Serve with a sauce made from the giblets same as roast chicken. If ducklings, roast only forty-five minutes. (Ducks may also be stuffed with potato stuffing.) Green peas and apple sauce should be served with roast duck.

(*Mrs. Rorer.*)

#### STEWED DUCKS.

Stuff a pair of ducks as for roasting. Make a gravy of the giblets, by cutting them in pieces, covering them with two cupfuls of water and stewing a couple of hours. Lay the ducks, stuffed and trussed, in a dripping pan, dilute the gravy from the giblets until there is enough to half immerse the ducks when it is poured over them, cover them with a pan of the same size as the other, and let them simmer in this from two to three hours. Take them out and keep them hot while you thicken the gravy in the pan with browned flour, boil it up once and stir in the juice of a lemon, or better still, two teaspoonfuls of currant jelly. Pass currant jelly with the ducks. This is an excellent way of disposing of old, tough ducks which would be uneatable, if roasted in the ordinary manner.

#### DUCK IN JELLY.

Boil two calves' feet in two quarts of water until they fall in pieces from the bones. The water will be much boiled down. Strain out the bones, and put into the liquid a well-cleaned duck or pair of ducks, a sprig of tarragon or a little tarragon vinegar, half a lemon, six cloves, a dozen bruised allspice, some thyme, salt, pepper and a small onion. Pour in stock enough to just cover the duck, cover it close and let it simmer until the meat will part from the bones—two hours or more. Then cut off the meat in slices, stripping all the bones, which may be returned to the stew-pan and boiled down longer. Taste if the jelly be piquant and well flavored. Cayenne pepper, lemon-juice or vinegar may be added. Strain it through



a napkin or jelly bag, and take the fat off. Put a few spoonfuls of the jelly in a rather shallow mould or deep pie-plate. When the jelly has set, lay it on an ornamental device of different-colored things, such as a wreath of hard egg slices, the white rings and the yolks separate, green pickles, beet root, capers, etc. Pour gently over these with a spoon, some more liquid jelly. Wait till this has set firmly, then lay on the slices of meat, not too closely packed, and pour over these carefully the half-cold jelly. Let it stand a night, then warm the mold for a minute over hot water, and turn out the jelly. An ounce of pure gelatine, dissolved or softened in a little cold water, will do as well as calves' feet, and save trouble.

#### ROAST GOOSE.

Draw, clean and singe the goose the same as a chicken. Wipe it inside and out with a damp towel. Fill with potato or onion stuffing. Sew it up and truss, being careful not to fill it too full, as dressing always swells while cooking. Place it in a baking-pan, put a cup of water and teaspoonful of salt in the pan, and place in a quick oven. Roast twenty-five minutes to every pound, basting every ten minutes ; after the goose has been roasting one hour, cool the oven, and roast the remainder of the time at a moderate heat.

Apple sauce should always be served with roast goose.

*(Mrs. Rorer).*

# CROQUETTES.

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## CHICKEN PATES.

Chop the meat of cold chicken fine ; season well ; make a large cupful of rich drawn butter ; while it is on the fire, stir in two hard-boiled eggs minced very fine ; add a little chopped parsley and the chicken meat ; let it almost boil ; have ready some patty pans of good pastry ; bake quickly to a light brown ; slip while hot from the pans ; fill with the mixture, and set in the oven to heat ; serve while hot.

## CHICKEN OR VEAL CROQUETTES.

One pint of chopped chicken ;  
One-quarter pint of milk ;  
One large spoonful of butter ;  
Two teaspoonfuls of flour ;  
One teaspoonful of chopped parsley.

Rub the butter and flour together until smooth ; mix in the parsley and a little cayenne pepper ; to this, add the boiling milk ; pour this over the chopped chicken, after seasoning with salt ; break into this two eggs, a sufficient quantity of cracker dust that you may shape it into cones ; fry one minute in boiling lard.

## CHICKEN CROQUETTES.

The day previous to use, boil well an old, medium-sized chicken in a little water, and when done, take out the meat and set the water away to jelly ; next day, cut the chicken up fine, mash the liver, mixing in the bread-crumbs (fine), one

quart of which is required to three pints of meat ; some parsley and a little onion chopped very fine ; put on to boil one pint of cream with one-quarter pound of butter ; when boiling, stir in the chicken already prepared until like mush ; add pepper, salt and the jelly ; let all cook a few minutes, and after cooling, add the beaten whites of two eggs ; mold, dip in egg, roll in fine bread-crumbs, and fry. This will make about thirty croquettes.

#### CHICKEN CROQUETTES.

Chop the chicken very fine ; season with salt and pepper ; a pinch of mace and parsley ; then take one cup of rich cream, let it come to a boil ; thicken the same as drawn butter ; pour over the chopped chicken when hot ; put away cool ; then form, dip in cracker and egg, and fry in hot lard.

#### BEEF CROQUETTES.

Take cold roast beef ; mince it fine ; season with salt and pepper ; mix with it some chopped parsley ; make it into cone-shaped rolls ; dip in cracker dust, then in egg after to secure a crumb surface ; fry in boiling lard a few minutes until the outside is a golden brown.

#### VEAL CROQUETTES.

To every pint of cold meat, chopped very fine, allow a half pint of milk ; one tablespoonful of butter ; two tablespoonfuls of flour ; rub together until smooth ; add the chopped parsley ; add butter and flour to the milk as soon as boiled ; season the meat with salt, pepper and onion ; mold and dip in egg and grated cracker ; fry in well-rendered boiling suet.

#### VEAL CROQUETTES WITH STRING BEANS.

Chop up two pounds of cold roast veal with two boiled sweetbreads ; moisten them with a little clear soup, and bind together with yolks of two eggs ; season with a teaspoonful of

salt and cayenne; roll the mass into cones; dip them in beaten egg; roll in crumbs; dip again in eggs, and again roll in crumbs; fry in hot fat. Arrange neatly on a dish, with small ends upright; around them put a border of string beans, boiled and nicely seasoned, and serve.

#### HAM CROQUETTES.

One cupful of finely chopped cooked ham;  
One cupful of bread-crumbs;  
Two cupfuls of hot mashed potatoes;  
One large tablespoonful of butter;  
Three eggs;  
A speck of cayenne pepper.

Beat the ham, cayenne, butter and two of the eggs into the potato. Let the mixture cool slightly, and then shape into croquettes. Roll in the bread-crumbs, dip in beaten egg, and again in crumbs; put in the frying basket, and plunge into boiling fat. Cook two minutes; drain, and serve hot.

#### COLD MEAT CROQUETTES.

Two pounds cold cooked meat;  
Two onions;  
Three cooked potatoes;  
Pepper and salt.

Chop fine; make into cakes; dredge with flour, and fry in hot lard.

#### POTATO CROQUETTES (No. 1).

One cup of mashed potatoes;  
One egg;  
One tablespoonful flour;  
One-half teaspoonful baking powder;  
One teaspoonful of milk;

Fry in butter.

## POTATO CROQUETTES (No. 2).

Season cold mashed potatoes with pepper and salt ; beat to a cream with one teaspoonful melted butter ; to every cup of potatoes, two well beaten eggs ; a little minced parsley ; roll in oval balls ; dip in egg and bread-crumbs ; fry in hot lard.

## PARSNIP CROQUETTES.

Scrape and boil until tender ; then mash, and add butter, pepper and salt ; make into cakes ; dip in flour ; fry in hot drippings.

## FRUIT CROQUETTES.

One pint milk ;	Two eggs, yolks ;
One ounce butter ;	One cup fruit ;
One-half grated nutmeg ;	Two tablespoonfuls sugar ;
One-half of five-cent loaf of bread—remove the crust.	

Warm the milk and bread together, add the balance of ingredients, and let come to a boil ; make the same as meat croquettes, after standing to cool two hours.

## CHEESE FONDU.

Soak one cup of fine dry bread-crumbs in two scant cups of milk (fresh, or it will curdle) ; add three eggs, beat light, a small tablespoonful of melted butter, pepper, salt, and, lastly, one-half pound cheese grated. Put in a deep dish ; strew fine crumbs over top ; bake in a quick oven, and serve immediately.

## OMELETS AND EGGS.

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An experience of many years with all sorts of cook-books and modes of making proves that the perfect omelet should not consist of more than three large eggs, or enough for two persons. This does not refer to the "souffle," which is a kind of spongy pudding eaten as a part of the dessert at dinner. Bear in mind that the difference between a tender and a tough omelet consists only in the time of cooking. Various books and recipes give the time from five to ten minutes, while it need not and should not exceed one minute.

The materials common to all omelets are fresh eggs and butter, and cream, if possible; if not, the richest milk. Even in the city, one can generally filch from the daily supply of milk cream enough for this purpose. If the butter is salt, it had better be washed in water and pressed dry, as butter much salted is apt to burn in the melting, and thus cause the omelet to stick to the pan. The latter should be of thin wrought iron, about nine inches across the top. Prof. Blot taught his pupils that a pan should be kept especially for this purpose, and never washed, but simply wiped with a clean cloth. This is not strictly necessary; but it is essential that the pan should be very smooth and clean, and that nothing should have ever burned or adhered to it in cooking. If you do keep a pan especially for omelets, it should be slightly greased when put away, and when about to use it warm it gently, wipe with a dry cloth, then rub it well with a piece of muslin dipped in dripping, and set it on the fire, which must be brisk and clear, in order to insure rapidity in cooking.

Put in the pan one ounce of butter cut in bits, and melt it quickly, shaking and turning the pan to prevent it scorching.

The instant it is all melted, dash in the beaten eggs with a sort of rotary motion so as to distribute it evenly all over the bottom of the pan. If poured all in the centre of the pan, it is apt to stick at that spot. Grasp the handle of the pan in your left hand, and as the eggs begin to "set," with a broad-bladed knife lift the cooked egg quickly from all parts of the pan, letting the liquid portion follow the knife; but do not let the knife really touch the bottom of the pan.

Now fold the omelet from the sides towards the middle of the pan, being sure that it does not stick in any part; have ready the warm oval omelet dish, invert it on the pan, and with a quick turn of your wrist overturn dish and pan together quickly, and the omelet will rest on the plate.

#### OMELET, (No. 1).

Beat any number of eggs, whites and yolks separately. Put two frying-pans on the stove with a small piece of butter, perhaps half a teaspoonful, in each; place one where it will not heat very quickly. When the other is hot and the butter begins to brown a little, pour in the whites of the eggs around the edge of the pan, leaving a place in the centre. It will, probably, fill up, but can be re-made by pushing back the egg with a spoon. Then pour the beaten yolks in the centre. sprinkle the whole with salt and a very little pepper, and bring the other frying-pan forward to heat quickly. When it is sufficiently hot to brown the butter, place the frying-pan upside down over the other and turn both quickly. Thus you can turn this delicate omelet without breaking, and have it done perfectly, and it is the only way I know except placing in a quick oven, which always dries the top too much. Salt and pepper this side and turn out on a warm plate. Garnished with parsley, or nasturtium flowers and leaves, or even a few tips of carrot leaves; this makes a remarkably pretty breakfast dish.

Three eggs makes an omelet large enough for two people. We often put cream with the yolks of the eggs, a teaspoonful to each egg, and the egg (yolk) needs to be broken a little, while cooking, by slipping a fork through and lifting a little from the bottom that the middle may not be underdone. The whites should be beaten very stiff, but the yolks need very little beating. A little cold chicken or ham chopped very fine may be added to the yolks, and to most people is a great improvement. Sometimes the pepper is omitted and sugar sifted over the omelet as soon as done. Omelets, no matter how cooked, should be carried immediately to the table; three minutes' waiting will make the best of them a failure.

#### OMELET.

Five eggs;  
One tablespoonful of milk;  
Two tablespoonfuls flour;  
Salt and pepper;  
One-half tablespoonful of baking powder;  
Beat the eggs separately.

Fry in butter.

#### INDIVIDUAL OMELET.

Nine eggs; beat yolks and whites separately; one cup of milk; lastly, add whipped whites, stirring very lightly; have pan hot; butter it; three tablespoonfuls of mixture make one omelet. This recipe will make about seven individual omelets.

#### A DELICIOUS OMELET.

Beat five or six eggs, the whites and yolks separately, and very light; then put the yolks into the whites and stir. Add nearly a cup of milk to rinse the bowl where the eggs were beaten; a little chopped parsley and a little pepper. Have the pan hot, and put a lump of butter, nearly as large as an



egg, in it, and when entirely melted, pour in the eggs and milk. Keep turning the pan, and when almost done sprinkle a little salt, and then when entirely done, cut in half and turn one side upon the other. Lay on a hot dish and eat immediately.

#### BAKED OMELET.

Six eggs, whites and yolks beaten separately; six tablespoonfuls milk, with enough flour stirred in to make a batter. Take a cup of milk, put on the stove, stir in the batter and cook till like starch; add a piece of butter, size of a walnut, and a pinch of salt. Take from the stove, pour into a dish to cool, then stir in the yolks of the eggs. Beat whites to a stiff froth, add, mix well. Bake ten minutes. Eat while hot. Serve from the same dish it is baked in.

#### POTATO OMELET.

Three eggs; beat the whites and yolks separately. Add these lightly to a large cupful of mashed potatoes, first stirring into them a teaspoon even full of salt; half a teacupful of milk, and a very little sifted flour, not more than a heaping teaspoonful. Parsley chopped very fine may be used, or lemon juice, with a little black pepper and a dust of nutmeg. Heat and grease a large saucepan, and pour the mixture into it. Brown it lightly, and serve hot.

#### BREAD OMELET.

Put into a stewpan a teacupful of bread-crumbs; one cupful of cream; a tablespoonful of butter, and a sprinkle of salt and pepper. When the bread has absorbed the cream, break in four or five eggs; beat them a little with mixture, and fry like plain omelet.

#### GREEN CORN OMELET.

Take well-filled ears of sweet corn, and, with a linen cloth, remove all the silk between the rows of kernels. Cut the ker-

nels down the centre, being careful not to loosen them from the cob, and then take out the pulp by pressing downward with a knife. To three tablespoonfuls of the green corn pulp, add the well-beaten yolks of three eggs and a little salt. Beat the whites of the eggs to a stiff froth and mix with the corn and the yolks, and pour into a hot frying-pan with a little butter; cover immediately, and set it where it will cook, but not burn. When set, fold over the omelet and serve on a hot dish immediately.

#### HAM OR SAUSAGE OMELET.

Chop very fine one cup of cold ham or sausage; add eight well-beaten eggs, a sprinkle of salt and pepper; heat very hot two tablespoonfuls of butter in a frying-pan; pour in the omelet, and fry and roll like a plain omelet. This is very nice for breakfast.

#### GREEN PEA OMELET.

A green pea omelet is made by adding two tablespoonfuls of young green peas that have been stewed, drained, seasoned with butter, salt and pepper. Put a circle of them around the omelet after it has been dished. The tender tops of cold, cooked asparagus, cut in dice and heated with a little butter and seasoning and used in a like manner, is a most delightful spring breakfast. A mushroom omelet, when it can be made from those freshly gathered in the fields, is something that your guests will not soon forget. Stew a few with a little cream, season, add a bit of butter, and when they are cooked so as to be just moist, spread an omelet that is just ready to fold, with two tablespoonfuls. The mushrooms should stew about ten minutes, and should be cut small before they are put over the fire.

#### BAKED EGGS.

Heat and butter a cup; break in two eggs; sprinkle with salt and pepper, and drop on them a half teaspoonful of butter

broken in small pieces; place in a moderately hot oven until the whites are set.

#### SCRAMBLED EGGS.

Have ready a tablespoonful of butter in a hot frying-pan. Break in six eggs, and sprinkle with pepper and salt. When the whites are set, stir them and add a cup of cream.

#### DROPPED EGGS.

Have one quart of boiling water and one tablespoonful of salt in a frying-pan. Break the eggs one by one into a saucer, and slide carefully into the salted water. Cook until the white is firm. Lift out with a griddle cake-turner and place on buttered toast. Serve immediately.

#### CREAMED EGGS.

A Scotch method of dressing eggs, which has been in use for generations, is the following: One egg is broken into a cup and beaten with half a saltspoonful of salt till it will readily run off the fork or whisk; a quarter of a gill of rich, sweet cream is next poured in, and the whole stirred till quite mixed. A small enamelled saucepan is placed near the fire where it will get warmed through; the egg and cream are poured in and gently stirred till lightly set, and not at all stiff. An egg cooked in this way will often tempt an invalid who can hardly be persuaded to touch an egg prepared in any other form. It is, perhaps, even better than cooking it in an enamelled saucepan to pour the mixture into a small bowl and set that in a saucepan on the fire half full of boiling water; then no pan taste or other taint will touch it.

# VEGETABLES.

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Vegetables ought always to be kept in a cool, clean, dark place, in a cellar if possible. Sunshine or even a strong light renders them flabby and flavorless. Perishable fresh vegetables ought to be eaten the day they are picked.

Fresh vegetables are best cooked in boiling water and salted when half done. Dried vegetables ought to be soaked, sometimes twelve hours or more, as is the case with beans and peas. Roots or tubers need paring or scraping and soaking a couple of hours before they are put on to cook, especially in the latter part of the winter, when they have become wilted.

Many vegetables, like cabbage and squash, are better steamed than boiled; they furnish their own juices, and are richer without contact with water. When boiled, the less water used the better. If kept tightly covered, and cooked quickly, no additional water will be needed. It must always be boiling.

Porcelain-lined or granitized ware is better than tin for everything.

## TIME FOR COOKING VEGETABLES.

Turnips should be peeled and boiled from forty minutes to an hour.

Beets.—Boil from one to two hours; then put in cold water, and slip skin off.

Spinach.—Boil twenty minutes.

Parsnips.—Boil from twenty to thirty minutes.

Onions.—Best boiled in two or three waters; adding the milk the last time.

String beans should be boiled an hour.

Shell beans require one-half hour to an hour.

Green corn.—Boil twenty or thirty minutes.

Green peas should be cooked in as little water as possible. Boil twenty minutes.

Asparagus.—Same as peas. Serve on toast with creamy gravy.

Winter Squash.—Cut in pieces, and boil twenty to forty minutes in small quantity of water; when done, press water out, making smooth; season with butter, pepper and salt.

Cabbage should be boiled from one-half hour to one hour in plenty of water; salt while boiling.

#### FRICASSEED POTATOES.

For four persons use:

Six medium-sized white potatoes;

One cup milk;

Butter, size of an egg;

Pepper, salt, flour.

After washing and paring the potatoes, cut into dice, par-boil in a little water, then pour into a pan to bake, adding the milk, butter, pepper and salt, and giving the top a light sprinkle of flour. Bake until brown on top, and serve hot.

#### BROILED POTATOES.

Cut whatever number may be needed of cold boiled potatoes into slices lengthwise, about a quarter of an inch thick; dip each slice in flour, and lay them between a broiler. Have the fire clear, and when both sides are nicely browned, lay the slices on a hot dish; put a piece of butter on each, and season with pepper and salt.

#### NICE MASHED POTATOES.

The secret of good mashed potatoes lies in having all the ingredients hot when mixed together. Pour the water off as

soon as they are tender ; set back on the stove ; mash well, add hot cream and butter to make them soft enough to stir well with a spoon ; then beat until light and foamy ; heap them up on a plate, smooth nicely, and cover with a dressing, made with the yolk of an egg mixed smooth with a teaspoonful of flour. Set in the oven a few minutes, and they are ready to serve.

#### CREAM SAUCE FOR BAKED POTATOES.

One pint sweet milk, heat to boiling point ; stir into milk two tablespoonfuls corn-starch, and two tablespoonfuls butter mixed together until very smooth. Add a little cold milk, if batter does not make it smooth ; let it boil three minutes ; then if at hand, one-half teacup of warm cream. Salt and pepper to season, also a sprig of chopped parsley.

#### POTATO CAKES.

Take cold mashed potatoes that have been left over from dinner, and beat one or two eggs in, half a cup of milk, salt and pepper, a little flour ; pat into cakes, and fry in lard to a nice brown.

#### BAKED POTATOES.

Pare and slice the potatoes, put in a pudding-dish, wash them off nicely, and cover them with milk ; add a good-sized piece of butter, and bake them one hour in a good hot oven ; serve in the dish they are baked in, if possible. Do not put the salt in the milk, as it is apt to curdle ; season on table after baked.

#### COLD POTATOES.

A nice way to use cold mashed potatoes : beat them nice and light, put in a dish, and pour a well-beaten egg on the top ; place in the oven for about fifteen minutes.

**MOLLIE'S BAKED POTATOES.**

Slice potatoes very thin into a baking dish ; salt and pepper to taste ; put pieces of butter on top ; pour over all, milk enough to barely cover potatoes ; bake about an hour.

**DUCHESS POTATO.**

Five large cold-boiled potatoes, mixed with ten teaspoonfuls of flour ; add

One-half cup milk ;

Two eggs (beaten) ;

One-half teaspoonful salt ;

One-quarter teaspoonful baking powder.

Drop from a spoon into very hot fat.

**SCALLOPED POTATOES.**

Peel and slice potatoes quite small ; put a layer of potatoes in a dish, then a layer of bread-crumbs, salt and pepper, add a little butter, so on till dish is almost full ; lastly, add the crumbs, then pour a pint of milk on, and bake in a moderate oven, half to three-quarters of an hour, a nice brown.

**SIMMERED POTATOES.**

Potatoes prepared in this way are very nice. After boiling the potatoes, peel them and cut them in slices. Put them in a stew-pan, with one-half pint of milk ; one tablespoonful of butter, some salt and pepper. Simmer, gently tossing them well together, and serve.

**LYONNAISE POTATOES.**

Slice six cold boiled potatoes ; mince fine an onion and two sprigs of parsley, melt in a frying-pan a tablespoonful of butter ; put in the onion and fry a light brown, then the potatoes, and fry a light brown, also turning them often. Put in a hot dish, stirring in the minced parsley, and pouring over them any butter that may be left in the pan.

## CHOPPED POTATOES.

Chop cold boiled potatoes into dice. Put them into a saucepan with a tablespoonful of nice dripping. Pepper and salt, stirring them constantly until they are hot through, but not browned.

## STEWED POTATOES.

One pint of cold boiled potatoes, cut in bits; one cup of milk; butter, the size of an egg, and a heaping teaspoonful of flour. Melt the butter, add the flour, cook a moment, pour in the milk, one even teaspoonful of salt and a salt-spoonful of white pepper. When it boils, add the potatoes. Boil a minute and serve.

## TO USE COLD BOILED POTATOES.

Cut into small pieces about four potatoes; have ready in spider a gill of boiled milk; put in the potatoes; season with large pinch of salt; add pepper, also butter. Mix a scant tablespoonful of corn-starch in a little milk; put into mixture; stir a minute or so; serve hot.

## NEW POTATOES

Are excellent warmed over in a saucepan, with a piece of butter rolled in flour, a gill of cream or rich milk, pepper, salt, a very little nutmeg, also the juice of half a lemon; stir these over the fire till boiling, then add the potatoes sliced. Serve very hot.

## SWEET POTATOES.

Slice cold sweet potatoes; dip in egg and flour, and fry in butter. Parsnips the same way.

## BAKED TOMATOES.

Have nice plump solid tomatoes; skin, and cut out the hard part, thus making a little hole in the center; fill it with



bread-crumbs; a very small portion of onion; small piece of butter; bake about forty-five minutes. (Onion may be omitted, if desired).

#### SCALLOPED TOMATOES.

The bread should be broken in small pieces, but not chopped, and all brown or hard crusts removed; to a quart of tomatoes, peeled and sliced, allow two cups of bread, a tablespoonful of butter, one-half teaspoonful of salt, and a very little pepper dusted over each layer, if liked. Put in alternate layers, the butter in bits over the top layer of bread. No moisture is needed at first. Bake an hour, adding a little boiling water if too dry when half done.

#### BAKED TOMATOES AND CORN.

Cut the top of fine large tomatoes, and scoop out the seeds. Set the hollowed tomatoes in a buttered baking dish, and fill them with corn grated from the cob; season with pepper, salt and butter. Put on the tops, pour a little gravy or some of your soup stocks over and around them, and bake, covered, an hour. Brown, and send to table in the pudding dish in which they were cooked.

#### STEWED TOMATOES AND RICE.

Scald and peel six ripe tomatoes; scald one cup rice; put both together in a pan; a tablespoonful sugar; a little salt, pepper and water enough to bring the rice to consistency of plain boiled rice when done; add butter before taking up.

#### FRIED TOMATOES.

Have five or six large firm tomatoes; cut them in slices (not too thin); dip in bread-crumbs, and fry in hot lard. Make a nice gravy of flour and milk; pour over tomatoes, and serve hot.

## FRIED CABBAGE.

Slice very thin; drop a tablespoonful lard into a smoking hot iron kettle; put in the cabbage; stir until tender, and serve at once.

## CREAM CABBAGE.

Two eggs (yolks only);  
Half cup of sugar;  
Half cup of vinegar;  
Butter, size of an egg;  
Little salt and pepper.

Beat together the yolks of the eggs; put the mixture into a saucepan, and stir until it boils; stir in cup of cream and let it boil; then pour over the chopped cabbage while hot.

## BOILED CABBAGE.

Cabbage should not be boiled more than twenty minutes. Have the water or the liquor of the meat boiling hot before adding cabbage. One tablespoonful of soda put in the water makes the cabbage a pretty green, and keeps the odor from passing through the house. Always leave the lid off the kettle.

## BAKED ONIONS.

Boil the onions until tender, then place closely together in a baking dish; pepper, butter and salt. Pour over them a little thin soup stock. Brown quickly in the oven, then place in a deep plate, and pour over the gravy thickened with browned flour.

## ONIONS CREAMED.

Boil in two waters, and drain; if large, cut into quarters. Pour over them a cream made as follows: Scald milk in

which a pinch of soda has been stirred ; set over the fire ; add one tablespoonful of butter ; half teaspoonful corn-starch wet with milk ; a little minced parsley ; pepper and salt. Let this dressing simmer three minutes ; pour over, and serve hot.

#### ONION SAUCE.

Boil three or four white onions till tender, and mince fine ; boil a half pint of milk ; add butter half the size of an egg ; salt and pepper to taste, and stir in the minced onion and a tablespoonful of flour which has been wet with milk.

#### CORN PUDDING.

One dozen ears of corn grated ; add three eggs, two small teacupfuls of milk (if the corn is old, it may, perhaps, require more) ; if made of sweet corn, do not put in any sugar ; but if not, a heaping teaspoonful ; add a teaspoonful of salt ; after the mixture is in the pans, put small pieces of butter on the top, and bake it in a quick oven three-quarters of an hour

#### CORN OYSTERS.

One-half pint of sweet milk, lump of saleratus size of a pea, three heaping tablespoonfuls of flour, sifted after being measured, one teaspoonful of salt, two well-beaten eggs, five good-sized ears of corn.

#### CORN AND BEANS.

Green corn cut from the cob and added to the pot of beans and pork is a great improvement.

#### SUCCOTASH (No. 1).

Cut the corn from about a dozen cobs, and put it in a saucepan with half the quantity of shelled Lima beans. Simmer in enough water to cover them for an hour, or until tender. Drain off the water, and pour over them a cup of hot milk

into which has been stirred a lump of butter rolled in flour. Let the beans and corn boil gently in this about fifteen minutes; add pepper and salt to taste, and serve in a hot dish.

#### SUCCOTASH (No. 2).

Remove the kernels from twelve ears of tender young corn; string a quart of string beans, and cut them in small pieces; boil the beans with the corn three-quarters of an hour in half pint of water; when done, add butter, pepper, salt and a half pint of thick cream; cover closely until served.

#### FOR BOILING GREEN CORN.

A kettle without cover; plenty of boiling water; when very young, ten minutes; as it grows older and older, longer cooking.

Same directions for beets as above.

To serve a large dish of beets for table, melt one ounce of butter, one tablespoonful of vinegar, and a large teaspoonful of sugar.

#### EGG PLANT, BAKED.

Remove inside; scrape; mix with cracker crumbs, cream, butter, salt, white pepper and eggs; put this in the skin; tie up, and bake.

#### FRIED PARSNIPS.

Scrape and cook half an hour in hot salted water; slice lengthwise; dip in flour seasoned with salt and pepper; fry in hot drippings.

#### STEWED CELERY.

After the heart of the celery has been selected for the table, take the pieces that are not so nice, and chop into two-inch lengths; stew until tender; serve with drawn butter.

**FARMERS' RICE.**

Rub one tablespoonful of butter into two of flour; do not make a paste, but roll it under the hand into irregular rolls like tiny shells; salt a pint of milk to taste, and put it on to boil; as soon as it foams up, drop the little shells into it, and let them cook for three minutes.

**STRING BEANS.**

String tender beans, and cut them into inch lengths; cook in slightly salted boiling water for half an hour; drain them, and put them in a deep frying-pan with a large tablespoonful of butter, a teaspoonful of vinegar, and salt and pepper; toss and shake five minutes over a hot fire, and serve.

**BOSTON BAKED BEANS.**

Put one quart of small pea beans to soak over night. In the morning, pour off the water; cover again with water, and parboil until the skin will crack by blowing upon them. Pour off the water, and put into a bean pot large at the bottom and small at the top; cover with water; put in about half a pound of fat salt pork, cutting the rind into squares; add two tablespoonfuls of molasses. Bake from ten to six hours in a moderate oven.

**SPIGHETTI.**

Take a package of spighetti, divide in half; have a deep pan of boiling water on the fire; take a few sticks of spighetti, hold them in the hot water until they fall into the pan without breaking; and so on until you have them all in; add a little salt; stir them around and around with a fork until they curl; boil about one hour till all the water is exhausted; have grated one-fourth pound of hard, dry cheese; one cupful of cooked tomatoes; remove the spighetti from the pan, place on a medium-sized oval dish, chop a little with knife and fork,

place around the edge of the dish the cheese, and here and there on top a tablespoonful of the tomatoes; this makes a palatable and pretty dish.

#### MACARONI

Broken in inch pieces, well washed and put in cold water, letting it heat gradually and boil ten minutes, then drained—is very nice to use with the tomatoes, instead of bread seasoning in the same manner as above.

#### SPINACH.

Boil some spinach, and when placed in a dish place some poached eggs on the top, or hard-boiled eggs (the shells being removed); cut into halves; press the halves of the hard-boiled eggs into the spinach to make them stand on end.

#### EXTRA NICE TURNIPS.

Boil, mash and mix with an equal quantity of beaten eggs; set back on the stove, and stir until the eggs are a little cooked.

#### BOILED CAULIFLOWER.

Tie the cauliflower up in a piece of cheese cloth or mosquito net; plunge it into a pot of boiling water and cook very fast from twenty minutes to half an hour. Remove the netting; lay in a deep dish with the stems down, and pour over it a good drawn butter, into which has been squeezed the juice of a lemon.

#### STEWED PEAS.

Boil tender; and add a gravy of milk, butter, flour and salt; cook with peas long enough to cook the flour.

#### FACTS.

When you cook green peas, string or Lima beans, asparagus or other things on that order, if you put them on in cold

water, and salt them sufficiently, then, I think, you will notice that it betters the flavor. Boiled onions are better when the water is changed often. Put them on in cold water at first, and when they have boiled about fifteen minutes, drain the water off. Have a tea-kettle of boiling water ready, and pour on more; then let them boil again. Change the water once more, and salt them. When they are drained the last time, and boiled a few minutes in some milk or cream, in which a little flour has been stirred, and a good piece of butter, salt and pepper added, I think you will find your trouble repaid, for the most fastidious will not object to onions cooked this way. Turnips are better if the water is changed once while cooking. When cooking sweet corn, add one teaspoonful of sugar to the other seasoning. It also improves succotash and early green peas.

#### FRIED EGG PLANT.

Slice one-half inch thick, and pare; lay in cold salted water over night; wipe dry; dip each slice into beaten egg then in corn-meal, or fine bread or cracker crumbs, and fry in enough lard or beef drippings to brown them. Cook until tender enough to be pierced by a straw.

#### WINTER SQUASH.

Cut it up; throw away the inside, and pare the pieces. The best way to cook it is in a steamer, or colander, set over a kettle of boiling water, so as not to touch the water. Cover tight, and steam one hour, or boil slowly in only just enough water to keep it from burning. When tender, which should be in three-quarters of an hour; drain off all the water; press it, and mash with a potato-masher, stirring in a large lump of butter, and a sprinkle of salt. When dished, smooth the top, and dot it with pepper. Serve uncovered.

# SALADS.

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## SALAD DRESSING (No. 1).

Three eggs ;  
Six tablespoonfuls of melted butter ;  
Three tablespoonfuls of cream or milk ;  
One cupful of vinegar ;  
One teaspoonful of mustard ;  
One-quarter teaspoonful of pepper ;  
One-quarter teaspoonful of salt.

Beat together and put on stove ; stir constantly until it boils.

## SALAD DRESSING (No. 2).

Yolk of one hard-boiled egg ;  
One-half cup cream ;  
One-half cup vinegar ;  
Two tablespoonfuls sugar ;  
One teaspoonful of mustard.

Mash yolk of egg smooth ; add mustard, sugar and cream. Stir continually while putting in vinegar.

## TOMATO DRESSING.

One egg ;	One teaspoonful mustard ;
Little pepper and salt ;	One teaspoonful flour ;
Two tablespoonfuls vinegar ;	One teaspoonful sugar ;
Butter, the size of a nut ;	Little milk ;
Bunch of parsley chopped fine.	

Cook slowly until thick ; when cool, pour over sliced tomatoes.



## CABBAGE SALAD.

A most appetizing salad is made by shaving cabbage about as fine as it is possible, sprinkle white mustard seed over it, using enough so that there will be a distinct flavor of mustard. An ounce of seed to one small head of cabbage will do; one or two yellow peppers should be cut into very small slices and added; pour cold vinegar over all, add a little salt and sugar, and then let stand for a day or two, so that the cabbage and peppers are really pickled. This may be packed in jars or be put into cans and kept all winter. It is nice with oysters or cold meats.

## TOMATO SALAD.

Peel tomatoes carefully, and cut them in half, laying each piece upon a leaf of lettuce. Pour over them a mayonnaise dressing made by beating the yolks of four eggs smooth and thick with four tablespoonfuls of salad oil, putting the oil in a drop at a time for five minutes, and then adding it more rapidly. Thin with vinegar from time to time. When ready, it should be quite as smooth as cream and much thicker. Add salt and pepper to taste. Put only a little on the tomatoes and pass the remainder to the guests. The dressing must be mixed in a bowl set in a pan of cracked ice, and kept on the ice after it is made until it is served.

## CHICKEN SALAD.

One can of chicken; six olives; one tablespoonful of oil; one-half tablespoonful vinegar; pinch of salt and pepper; one egg; drop the oil slowly into the egg, stirring all the time; when thick, add a few drops of vinegar.

## POTATO SALAD (No. 1).

One quart of potatoes boiled and cut into small pieces, and two heads of celery cut fine.

## DRESSING FOR SALAD.

One tablespoonful mustard ;    Half teaspoonful black pepper ;  
Two eggs, yolks only ;            Two teaspoonfuls salt ;  
Butter, size of an egg ;           Two tablespoonfuls vinegar.

Boil until it begins to thicken ; when cool, pour over the potatoes and celery.

## POTATO SALAD (No. 2).

Six medium-sized potatoes boiled with skins; one cut in small squares ; salt them and set aside.

## DRESSING.

One cup milk ;  
Two eggs ;  
One-half teaspoonful salt ;  
A pinch of cayenne pepper ;  
A pinch of mustard ;  
Three tablespoonfuls vinegar ;  
One teaspoonful sugar.

A small onion cut fine with the potatoes. Put dressing on stove, and allow it to come to a boil ; after which, put in lump butter. May be used hot or cold on potatoes.

# BREAD.

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The first essential to good bread is, of course, good flour. There are many brands; select a well-recommended one. Good flour adheres to the hand, and will remain in shape when pressed together. Flour should always be sifted before using. Some grades require more wetting than others; study this. In cold weather, the flour should be warmed before setting bread. Dough can be discontinued kneading when it will not stick to the unfloured board. The oven is ready for bread when it will brown quickly a little flour. Bake single loaves three-quarters of an hour. Do not cover after baked, but stand on end against a plate or the bread-board.

Never let a crumb of bread go to waste. Cut the bread for the table on a clean shelf or board, so that the crumbs that fall in cutting can be brushed into something kept purposely for dry bread. Something open is best, because, when the air can get to it, the bread will not mold. Watch your fresh bread, and if you notice signs of mold, sun your bread cloths, scald out the crock, and take off any bit of mold on the bread. Keep your bread from molding, and every particle can be used up. When you have considerable old bread on hand, put it in a very moderate oven, and just let it dry. When it is perfectly dry, not browned at all, take it out. It will keep for weeks. There are puddings innumerable, and plenty of other ways that one can use every crumb of bread that accumulates. Stale bread is a host in itself.

## TO MAKE SOFT YEAST.

Boil a handful of hops half an hour in two quarts of water; also boil ten good potatoes half an hour, and mash

very fine. Strain the hop-water, while very hot, on the potatoes; stir in two teaspoonfuls salt, and a pint of flour, and set to cool. When lukewarm, add a pint of good brewer's yeast, and let it rise six hours. Strain all through a colander or sieve; put in a stone-jug and cork tight; or better, in a glass jar. This yeast will keep three weeks in winter, one in summer. If kept in a refrigerator, it will last nearly as long as in winter; but it must not freeze.

#### DRY YEAST.

Boil till tender two nice potatoes, with a handful of hops in a bag, in three pints of water. Mash the potatoes fine; add one pint of flour, and pour the boiling water over all. Beat well, adding a tablespoonful salt, a tablespoonful ginger, and a half-cup sugar; when lukewarm, add a cup of good yeast, and let it stand two days, or one day in very warm weather, stirring down often. Then mix in good white corn-meal until thick enough to make out into cakes. Roll about half an inch thick; cut out, and place to dry in the shade where the air can freely pass over them, so they will dry quickly. Turn frequently, that they may dry evenly and thoroughly; place in a paper sack and keep in a dry place. A small cake will be enough for five or six loaves.

#### POTATO YEAST.

Boil a handful of hops, tied in a bag, in two quarts of water for fifteen minutes; remove the hops, and add four large potatoes grated raw; one cup of white sugar; one tablespoonful of salt; one of ginger; let this boil, stirring continually, until it thickens and becomes transparent like starch; pour into a jar, and when milk-warm, add a cup of good sweet yeast; it is better to let this yeast rise several times, stirring it down each time; then cover closely, and set in a cool place.

## RULE FOR BREAD.

Boil three medium-sized potatoes; when well done, mash in the water; if there is not enough potato water, add clear water. A four-quart pan, not quite half full, will make two loaves of bread and six or eight biscuits. Have ready in the pan a pinch of salt, a tablespoonful of sugar, and lard about the size of a walnut. Turn the hot potato water over this so as to melt the lard; put in a teacup one-half cake of compressed yeast (small-sized cake), with a little cold water on it; when the mixture in the pan is milk-warm, add yeast and flour, enough for a soft dough. This, mix in cool weather at tea time, and put it near the stove. At bed-time, mold it hard, put in all the flour it will need (don't want it too hard), and leave it to rise over night. In the morning, it is nice and light. Then mold it into loaves before breakfast. By ten o'clock, or earlier, it is ready to bake.

## BREAD.

Set the sponge at nine o'clock in the evening in summer, and keep it in a cool place; or at noon, and make it up in the evening. Do not keep in the cellar in summer, or it will sour. In the winter, set it at six o'clock at night, and place where it will keep warm. For the sponge, use one yeast cake, soaked in luke-warm water; three potatoes, boiled and mashed fine; and one pint flour, scald with one pint of boiling potato water—adding the yeast after the mixture has become cool, and mixing to a smooth paste. Add a teaspoonful of salt, and beat fifteen minutes. When the sponge foams, it is risen sufficiently; then add a pint of water and enough flour to make a dough that does not stick to the fingers; set in a warm place, and when full of cells work in all the flour possible. Let it rise, and then knead till the gas stops cracking. Make loaves, let them rise, and increase the heat of the oven after the first twenty minutes of baking.

## A NICE WAY TO USE DRY BREAD.

Cut in slices, and spread with butter ; put into a deep dish, and pour in apple-sauce enough to cover the bread, being sure it gets between the slices. Bake about an hour. Eat with cream and sugar.

## SALT RISING BREAD.

We are indebted to a lady correspondent of the *House-keeper* for the following: "In the first place, the flour must be good and lively; no flour that has been standing in a warm place for any length of time, or has been piled in sacks until it has become heated, will rise, no matter how much care has been taken of it. The next thing is good boiling water. I am very particular to have the water boil. Scald the dish and spoon, and then pour the boiling water into your dish in which you have put about a salt-spoonful each of salt, sugar and saleratus; let stand until cool enough to hold your hand on outside of dish and not burn you, then stir in sifted flour until the thickness of pan-cake batter; beat well and then take a clean white cloth large enough to cover your dish, put on some of the batter, stick over the dish, put in a deep kettle of water, enough to come well up around it, keep about the temperature of milk; in about three hours, take off cloth and thicken somewhat thicker than at first; put on cloth and paste down again. When it is light, it will let you know it by getting from under the cover. When light, sift flour and make a sponge; use water for as many loaves as you wish to make. A quart of water with a quart of yeast will make four good-sized loaves. Beat the yeast and water into your sifted flour, as stiff as you can stir, with a good sprinkling of flour; set in warm place, when it rises it will crack the flour and come up through; mix quite soft, but knead thoroughly, until it looks fine and smooth; put in warm pans and keep warm, but not too hot; when the loaves have risen to twice their original size,

put in oven that you can feel a good sharp heat on your hand, when in a few moments, cover with paper and let bake nearly an hour. Let the heat moderate as the bread bakes; when done, wrap in cloths. I have been very particular in giving details, for these things are often the very ones that perplex us most. When a recipe is too brief, I am often more at a loss how to do than if I had not depended on it all."

#### HOT BRAN BREAD.

Three cups bran flour;  
One cup white flour;  
One teaspoonful lard, melted;  
Two tablespoonfuls molasses;  
One tablespoonful salt.

Mix to a batter the same as for pound-cake; water may be used, but milk makes it nicer; lastly, add the baking powder; have the oven hot.

#### BOSTON BROWN BREAD (No. 1).

One pint of Indian meal;  
One pint of rye meal;  
One cup of flour;  
One cup of molasses;  
One-half yeast cake.

Mixed with luke-warm water into a thick batter; rise four hours; dissolve a teaspoonful of soda in a half cup cold water; making a thin batter when ready for the oven. Bake four hours in a deep tin.

#### SODA BISCUIT.

Three pints flour; mix with flour one teaspoonful salt; add a half cup lard; one pint buttermilk, in which dissolve one teaspoonful soda; two teaspoonfuls cream-tartar; roll out lightly in shapes, and bake quickly.

## BOSTON BROWN BREAD (No. 2.)

One pint of sour milk ;  
Two teacupfuls molasses ;  
Three teacupfuls corn-meal ;  
One and one-half teacupfuls flour ;  
One-half teaspoonful of salt ;  
Two teaspoonfuls of soda.

Steam three hours.

## BISCUITS.

Four cupfuls of flour ;  
Butter, size of an egg ;  
Three teaspoonfuls of baking powder ;  
Milk to mix ;  
One teaspoonful of salt.

Bake in hot oven.

## CRACKER BISCUIT.

Seven cupfuls of flour ;  
One cupful of butter, or lard ;  
One cupful of cold water ;  
One teaspoonful of salt.

Mix, and pound the dough for a half hour ; then roll out thin, and bake in a hot oven.

## WHEAT MUFFINS.

One tablespoonful of melted butter ; one egg ; one cupful of sweet milk ; two cupfuls of flour, with three teaspoonfuls of baking powder ; have muffin-rings buttered and hot, before pouring in batter ; bake in a quick oven.

## WHEAT GEMS.

One pint of milk ; flour enough to make a stiff batter ; two eggs, beaten separately ; two spoonfuls of baking powder ;



bake in small iron gem-pans. Graham gems are good made the same, only using Graham flour instead of wheat.

#### POTATO BISCUIT.

Boil a half-dozen of fine large potatoes, mash them through a colander; when cool, add one cup of sweet milk, flour enough to roll out with a teaspoonful of baking powder sifted in the flour; do not knead more than is absolutely necessary; cut into small biscuits. Bake in a quick oven; nice breakfast dish.

#### DELICIOUS ROLLS.

Set a sponge at nine o'clock in the evening with a pint of new milk warmed, and two-thirds of a cup of yeast, and flour enough to stir with a spoon; beat it until it is perfectly smooth. When the sponge is very light next morning, add a cup of sugar and butter, and four eggs. Cream the butter and sugar together. Add one-half teaspoonful of soda dissolved in a little water, and the eggs one at a time, well-beaten, or the yellows well-beaten, then the whites well-beaten. Mix this into the sponge, and beat it thoroughly all through. Sift in by degrees enough flour to make it as stiff as can be stirred with a wooden spoon. Let it rise again until very light and spongy. Flour your hands, and pinch enough to make a cake a little larger than an egg, shape or mould it with as little handling as possible; bake in pans on buttered paper, but do not let them touch each other. Let them rise again before baking. You can use half the sugar and two eggs, if you prefer. When baked, mix up the yolk of an egg with a little milk, and spread over the top of the rolls with a cloth, and sift sugar over that.

#### PARKER HOUSE ROLLS.

Sift four quarts of flour; take one quart of warm milk, and melt in it one teacupful of butter; add two tablespoonfuls

of white sugar; one teaspoonful of salt; three-quarters of a cup of yeast; with these and part of the flour, make a soft sponge, and when light, add the rest of the flour, and knead fifteen minutes; roll out as for biscuits; cut into round forms; butter half the surface, and lap it over on the other half; let them rise very light, and bake quick.

#### FRENCH ROLLS.

One cup mashed potatoes  
One cup milk;  
One cup yeast;  
One egg;  
One tablespoonful lard or butter;  
Two tablespoonful sugar;  
One teaspoonful salt.

When light, bake in a quick oven.

#### ASTOR HOUSE ROLLS.

One tablespoonful of lard; two ounces of sugar, and a little salt; put into the bread dish, and pour over one pint of boiling milk; let stand till cool; stir in flour enough to make a stiff batter, adding yeast sufficient to rise, about three large spoonfuls of liquid yeast, or one and a half yeast cakes; let rise over night, and, in the morning, knead twenty minutes; be exact; let rise again, and roll out, and cut into round cakes; butter them, and fold them over like a turn-over, pressing them with the forefinger, or the end of the rolling-pin; place in the baking-pan; let rise again till very light, and bake twenty minutes to a half hour.

#### AMANDA'S TEA ROLLS.

About 8 A.M., let one pint of milk and one scant cup of butter and lard boil a few seconds; cool with half a cup of water; make a thin sponge, adding three-quarters of a small

cup of yeast and set in a warm place to rise. At noon, put in one teaspoonful of granulated sugar; one-half teaspoonful of salt; add flour enough to make a soft dough, and knead lightly fifteen minutes. By 3.30, make out, cut round, spread with butter, fold over, place in heated pans, and set again to rise. At 6 o'clock, bake in hot oven about twenty minutes.

#### BAKED CORN BREAD WITHOUT EGGS.

One quart new milk;  
Four tablespoonfuls corn-meal;  
One-half teaspoonful salt;  
Molasses to taste.

Set the milk on the stove and scald it, but it *must not boil*. Remove from the fire; add the salt and sufficient good cooking molasses to make it quite sweet. Sugar will not do. Now set the mixture in the oven, and bake from twenty to thirty minutes in a shallow pan. The odd part is, that if properly made, one can see and taste eggs when none are there. Do not put too much corn-meal in; spoons vary, and so does corn-meal. Sometimes, three would be better than four.

#### CORN-MEAL GEMS.

Four eggs; Pinch of salt;  
Butter, size of a marble; One quart of milk.  
Two cupfuls Indian-meal (white is best);

Put the cold milk into a double boiler, and stir in the corn-meal, leaving it on the fire until it becomes as thick as mush, stirring constantly the while. Take from the fire, and beat until it is a little cool; then put in the butter, and break in the eggs, one by one, and stir thoroughly until it is very light.

Have gem-pans very warm; butter them, and bake the corn-meal fifteen to twenty minutes in a hot oven. This makes twenty-four gems.

## GRAHAM GEMS.

Two cupfuls Graham flour ;  
One tablespoonful wheat ;  
One teaspoonful salt ;  
Two tablespoonfuls butter ;  
One cupful milk ;  
Two eggs ;  
Three teaspoonfuls yeast powder.

Beat lightly, and bake in a hot oven.

## CORN BREAD.

One-half teacupful butter ;  
One-half teacupful white sugar ;  
One teacupful milk ;  
One tincupful corn-meal ;  
One-half tincupful wheat flour ;  
Two teaspoonfuls baking powder ;  
Three eggs.

Stir up the eggs with sugar until very light ; add the melted butter, and, lastly, the flour with the baking powder well mixed through it. Bake in a quick oven.

## INDIAN POME.

Three eggs ;  
Two tablespoonfuls butter ;  
One cupful milk ;  
Three cupfuls Indian-meal ;  
One cupful flour ;  
Four teaspoonfuls baking powder.

Add little salt.

## IOWA CORN BREAD.

To one quart corn-meal, take two eggs well-beaten, yolks and whites separately ; three heaping tablespoonfuls lard, one

of sugar, the same of salt, and Royal Baking Powder ; mix salt, sugar and powder well together with meal before wetting it, then add yolks of eggs, lard (melted but not hot), and sweet milk sufficient to make batter as thick as can be well stirred with a spoon ; then add whites of eggs, and bake three-quarters of an hour in hot oven.

#### JOHNNY CAKE.

Butter, the size of an egg ;      One quart corn-meal ;  
Two eggs, beaten separately ;      One teaspoonful soda ;  
                                 One quart buttermilk.  
Bake half an hour.

#### SPONGE JOHNNY CAKE.

One egg ;                              Two cups Indian meal ;  
One cup sugar ;                      One cup flour ;  
                 One teaspoonful salt ;  
                 One teaspoonful Royal Baking Powder.

#### RYE MUFFINS.

One pint rye ;  
One pint flour ;  
Scant cup molasses ;  
One teaspoonful soda ;  
One-half cake compressed yeast.  
Teaspoonful salt.

Mix all with cold water, except soda ; making a stiff batter and put to rise. Use soda in the morning ; before baking, dissolve soda in water enough to make the dough as soft as gingerbread. Bake in muffin rings.

#### GERMAN RICE WAFFLES.

Boil a half-pound of rice in milk, until it becomes thoroughly soft. Then remove it from the fire, stirring it constantly,

and adding, a little at a time, one pound of flour, five beaten eggs, two spoonfuls of yeast, a half-pound of melted butter, a little salt and a teacupful of warm milk. Set the batter in a warm place, and when risen, bake in the ordinary way.

#### FLANNEL CAKES.

One quart milk ;  
Three tablespoonfuls yeast ;  
One tablespoonful butter ;  
Two eggs ;  
One teaspoonful salt.

Mix with the milk, yeast and flour as for bread sponge. Set to rise over night ; add butter and eggs in the morning, and drop in small cakes on hot griddle.

#### WAFFLES.

One and one-half pints flour ;  
One teaspoonful cream of tartar ;  
One-half teaspoonful soda ;  
Two eggs ;  
One pint milk ;  
Two tablespoonfuls of butter.

Mix the flour, cream of tartar and soda well together, and then rub through a sieve. Beat up the eggs until very light, then add to them the milk and the butter, first melting the latter in two tablespoonfuls of boiling water. Stir this mixture into the flour, and bake in the usual way.

#### PUFFS.

One egg ;  
One cup milk ;  
One and one-half cups flour ;  
Two teaspoonfuls baking powder.

Bake in gem pans in a lively oven.

## POP-OVERS.

Three eggs ;  
Three cups milk ;  
Three cups flour.

Bake in gem pans half an hour in a quick oven.

## FRENCH TOAST.

One pint milk ;  
Three eggs ;  
Salt.

Toast the bread a light brown and dip and fry in butter.  
Nice for breakfast.

## MRS. OGDEN'S LEMON TOAST.

Beat the yolks of three eggs, and add one cup of milk; dip eleven slices of bakers' bread in it, and fry in butter. Over this, pour a sauce made of the whites of three eggs, beaten to a froth; one cup of sugar; two dessertspoonfuls butter creamed; the grated rind and juice of one lemon. Beat thoroughly, and heat over boiling water.

## MARY'S GEMS.

One cup flour ;  
One cup graham meal ;  
Two tablespoonfuls sugar ;  
A little salt ;  
A little melted butter ;  
One teaspoonful cream tartar.  
One-half teaspoonful soda ;  
One egg ;  
One cup milk.

## HAM AND EGG SANDWICHES.

Mix the yolks of six hard-boiled eggs with one tablespoonful of French mustard to a smooth paste; then add cup of

finely-chopped cold boiled ham. Spread a good layer of this on a slice of buttered bread; cover with another slice, and press firmly together.

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## FRITTERS

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### APPLE FRITTERS.

One cup milk ;  
One egg ;  
Two teaspoonfuls baking-powder ;  
Pinch of salt ; flour to stiffen.

Slice tart apples very thin (should they be large, two apples at the most would be all the batter would hold) ; mix lightly with the batter ; drop by spoonfuls into hot lard and fry. Very nice eaten with maple syrup.

### FRIED APPLES.

Wipe a few nice, smooth-skin apples ; have ready a spider with a little butter and lard in it ; get hot, and slice the apples into it ; sprinkle a little sugar over them, and fry slowly to a nice brown, taking great care not to let them burn.

### DELICIOUS PEACH FRITTERS.

Beat eight eggs very light and thick, and stir gradually into a quart of rich milk, in turn with eight spoonfuls of flour. When all are united, beat the whole very hard. In readiness, have a large frying-pan, in which a generous quantity of fresh butter is boiling fast. Peel the large free-stone peaches, cut in half : remove the stones and put some loaf sugar in the cavities. Put the batter in the pan, and to every spoonful allow half a peach, laid on its back. When done, take them up separately, and drain the butter back into the pan. Serve the



fritters with white sugar. Oranges may be used in lieu of peaches.

#### FRIED CRACKERS.

Soak square soda crackers well in milk, and fry them quickly a nice brown in a little butter.

#### DROP FRITTERS.

One cup sugar ;  
One egg ;  
One cup sour cream ;  
One teaspoonful soda.

Stir in flour enough to make a thick batter, and drop from the spoon.

#### CLAM FRITTERS.

One pint sweet milk ;	One pint flour ;
One egg ;	One teaspoonful soda ;
Pinch of salt ;	Twenty clams chopped fine.

#### CORN OYSTER FRITTERS.

To one quart of grated corn, add two beaten eggs; one teaspoonful of sugar; salt and pepper to taste; and enough cracker dust to just make stiff enough to keep together; fry in hot drippings a light brown.

#### TOMATO FRITTERS.

Three or four large tomatoes; cut them up quite fine so that they go nearly all to water; add a cupful of milk; two eggs; beat it light; add salt and pepper; enough flour to make a thin batter; fry in hot lard.

#### HOMINY FRITTERS.

Two cupfuls boiled hominy; one pint milk; two eggs, beaten, and flour to make stiff batter; two teaspoonfuls baking-powder; fry brown on both sides in hot lard; serve hot.

## INDIAN FRITTERS.

One egg ;	Two cupfuls corn-meal ;
Three cupfuls buttermilk ;	One cupful flour ;
Salt ;	One teaspoonful soda.

Fry to a delicate brown.

## CORN FRITTERS.

One dozen corn, grated ;  
Four eggs ;  
Three or four tablespoonfuls milk or cream ;  
One teaspoonful salt ;  
One tablespoonful flour.

## ORANGE FRITTERS.

One-half pint of milk ; flour enough to make stiff batter ;  
two eggs, beaten separately ; one teaspoonful baking-powder ;  
pinch of salt ; cut oranges in slices ; dip in the batter, and fry  
in hot fat.

## POTATO GRIDDLE CAKES.

Boil four good-sized potatoes, and mash through the colander ; one quart milk ; a little salt ; the yolks of three eggs ; one pint flour ; heaping teaspoonful baking powder ; lastly, the whites of the eggs. Do not add the flour and the whites of the eggs until ready to bake. Cold potatoes left over may be put through the colander and used the same way.

## RICE PUFFS.

Two cups of rice, boiled very soft ; whites of three fresh eggs ; half a cup flour ; water, merely enough to make a stiff batter ; a little salt ; one teaspoonful baking powder ; bake in gem pans in a hot oven, or on the griddle ; eat with butter and sugar.

## GRIDDLE RICE CAKES.

Boil one cup rice until soft ; while hot, add piece of lard the size of an egg ; when cold, add the yolks of two eggs, a little salt, one quart of milk ; two tablespoonfuls sugar, enough flour to make a batter ; three heaping teaspoonfuls baking powder ; beat the whites of the eggs to a stiff froth, and add them last.

## GRIDDLE BREAD CAKES.

Soak sufficient quantity of stale bread to equal a baker's loaf ; then squeeze the water from it ; mix with the yolks of two eggs a little salt, one quart milk, enough flour to make a batter, three heaping teaspoonfuls baking powder ; beat the whites of the eggs to a stiff froth, and add them last.

## BUCKWHEAT CAKES.

One cup corn-meal ;  
One cup wheat flour ;  
Three cups buckwheat ;  
Salt, water ;  
One cup yeast.

Mix in a batter ; cover up warm and let stand over night to rise. In the morning, bake on a hot griddle ; leave some of the batter over for next time, keeping it in a cool place. Six or eight hours before cakes are wanted, set the above mixture, excepting yeast, and place near the fire. No fresh yeast need be added after the first time ; but cakes can be had all winter.

If by any oversight, the batter has been allowed to stay too long in a warm place, and sours, add half or more teaspoonful of baking soda, dissolved in a little cold water. Buckwheat cakes made in this way are much superior to all buckwheat. The corn-meal should be good Southern corn, if possible. Other proportions may be used, but never less corn or flour.

## CORN DODGERS.

Two pounds Indian meal ;  
Five cups flour ;  
Butter or lard the size of an egg ;  
One cup brown sugar ;  
Two teaspoonfuls soda, softened with butter.  
Moisten with milk.

## PARSNIP FRITTERS.

Boil four or five parsnips. When tender, peel, mash and then add a teaspoonful of flour and a beaten egg. Make into small cakes and fry in salted lard, till nicely brown on both sides.

## SALSIFY FRITTERS.

One bunch salsify ;  
Two eggs ;  
Half cup milk ;  
Flour for thin batter ;  
A little salt.

Scrape and grate the roots, and stir into the batter made of eggs, milk and flour ; mix quickly or the salsify will turn black from exposure to the air ; drop into boiling fat with a spoon, and drain in a colander.

## STEAMING OATMEAL.

For the benefit of those who are "trying to learn to like" oatmeal when prepared in the ordinary way, by stirring it into a paste, and not succeeding as well, perhaps, as they would like, I desire to give my method of preparing it. I use the oatmeal which is in the kernels—not the rolled variety ; and for our family of three grown people, I take a teacupful and a half. I put that quantity in a basin in the evening, and add a

pinch of salt, and pour on just enough cold water to cover it. By morning, the oatmeal has absorbed the water entirely. I then put the basin in a steamer, and cook for about half an hour. I try it by thrusting in a spoon, and when the oatmeal falls apart dry and nice, it is done. Do not stir it at all; the oatmeal should come to the table with the grains as whole and perfect as when they were put into the steamer. Eat with cream and sugar.

#### RYE AND INDIAN PANCAKES.

One cup rye meal;	One teaspoonful salt;
One cup Indian meal;	One teaspoonful soda;
Two eggs;	One cup flour;
One cup milk.	

After they are well mixed, drop into hot fat.

#### GRANDMOTHER'S PANCAKES.

One pint flour;	One teaspoonful cream tartar;
One-half cup sugar;	One-half teaspoonful soda;
One egg;	Salt;

Milk to make thick enough to drop from spoon.

Nice for breakfast.

#### MUSH CAKE.

One pint mush;  
 One tablespoonful lard;  
 One gill flour;  
 One egg.

Beat well together, and drop from the spoon on a hot griddle.

## DESSERTS.

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The most important item about your desserts is to have them harmonize with your dinner. If you have a very substantial meal, like roast beef or roast pork, don't have a mince pie for dessert; have an apple or cranberry pie, or better yet, a light pudding of some sort. You have noticed what a difficult matter it is to dispose of the plum pudding and rich pies, the established ending for the Christmas dinner, after eating heartily of the first part of the meal. Such desserts would taste better after an oyster stew, or anything else that digests quickly.

### PIES.

#### PASTRY.

Four cupfuls sifted flour;  
One cupful shortening (half lard, half butter);  
One cupful cold water;  
One teaspoonful salt.

Rub the lard with a spoon into the flour; then mix with the water with a spoon (not using your hand); roll the crust *from you*, until it is about a quarter of an inch thick; then spread one-third of the butter; dredge a little flour on it, and fold the four corners to centre, folding in all the air you can; repeat this three times. The quantity will make three pies.

#### WHOLESOME AND DIGESTIBLE PIE CRUST.

Two cups flour; two teaspoonfuls baking powder sifted in two tablespoonfuls granulated sugar; two teaspoonfuls lard rubbed through the flour; moisten with milk or water so it

can be easily rolled; never add salt, as it tends to toughen; this will make crust for two pies.

#### PLAIN PIE CRUST.

One cup flour; one-third cup butter and a little lard (fresh always), with a pinch of salt; work together with a knife; then add ice water for a proper consistency. Butter and lard must be cold. Never mix with hands.

#### CHEESE CAKE.

One cup milk; Two tablespoonfuls flour;  
One and a half cups sugar; Little salt.

Take two pints cottage cheese; add the milk, sugar, flour, salt; stir it to a thick batter; add the beaten whites of three eggs. This makes two pies.

#### COCOANUT CUSTARD.

Two eggs;  
One cup sugar;  
Two cups milk;  
One grated cocoanut.

Bake with one crust.

#### SWEET POTATO CUSTARD PIE.

Boil three large sweet potatoes; when done, skin and mash them through a colander; then add three eggs, piece of butter size of a walnut, cup of milk, two teaspoonfuls of allspice, ground cloves, pinch of mace; one cup of sugar; bake with lower crust.

#### PUMPKIN PIE.

To one quart of stewed pumpkin, add one cup of sugar; one quart of milk, one cup of sweet cream, one tablespoonful of flour, three eggs, one tablespoonful of ginger; line the plate with plain pie-crust; this will make four large pies. Dried

pumpkin must be soaked in milk over night before cooking for pies.

### CREAM PIE.

For the pie batter :

Three eggs ;  
One cup sugar ;  
One cup flour ;  
One-third teaspoonful soda ;  
One teaspoonful cream tartar.

Beat the eggs separately, adding the whites lastly, and bake in two pans, having the pies when baked an inch thick or more.

Custard for the inside :

Two and one-half cups milk ;  
One egg, beaten separately ;  
Two tablespoonfuls corn-starch ;  
Flavor with vanilla.

When the crust is cool enough, split and take the tops off, and pour the cream custard in between, covering again with the tops.

### LEMON PIE.

Mix one heaping tablespoonful corn-starch with one cup of sugar ; add one scant cup boiling water, and boil five minutes ; one teaspoonful butter, the juice of one lemon, and one egg well beaten ; bake between two crusts.

### LEMON CUSTARD.

Two lemons ;  
Two cups sugar ,  
One cup water ;  
Two tablespoonfuls corn-starch.  
Six eggs.

Grate the rinds of the lemons ; add the juice, then the sugar, and the corn-starch ; lastly, the water ; be sure and beat



the eggs well ; corn-starch made smooth in part of the water. Cover pie-plate with plain pie-crust ; then pour over it the above. After it is baked, have ready the whites of eggs well-beaten with two tablespoonfuls pulverized sugar ; place on top of pie ; return to the oven, and bake a moment to a golden brown.

#### MINCE MEAT.

Two pounds boiled meat ;  
Four pounds apples ;  
Three pounds raw meat ;  
Three-fourths pound suet ;  
One pound raisins ;  
Two cups sugar ;  
One-half pint molasses ;  
One-third cup salt ;  
One lemon ;  
One teaspoonful cinnamon ;  
One-half teaspoonful allspice, cloves, mace ;  
One teaspoonful nutmeg.

#### MOCK MINCE PIE.

One cup each of cracker crumbs, molasses and sugar ; one-half cup vinegar, and one and one-half cups water ; one teaspoonful of all kinds of spice, and butter the size of an egg ; let it come to a light boil. This will make three pies.

#### RAISIN PIE.

Quarter pound stoned and chopped raisins ; one cracker rolled fine ; one egg ; juice and grated rind one lemon ; one cup sugar.

#### PIE-PLANT PIE.

Peel, slice thin, and allow one teaspoonful lemon extract to each pie ; sweeten to taste, and bake slowly one hour ; rapid baking spoils them.

## RHUBARB PIE (ONE CRUST).

One cup stewed rhubarb juice ;  
One and one-half crackers rolled fine ;  
One cup sugar ;  
One egg ;  
One teaspoonful extract of lemon.

Use one large tablespoonful of corn-starch in place of the crackers, if desired. It is less work.

## CHOCOLATE CUSTARD PIES.

Simmer one quart milk ; add a quarter of a pound of Baker's chocolate, grated ; sweeten to taste ; beat in four well-beaten eggs. Line deep pie-pans with rich paste ; pour in the mixture. Bake in moderately quick oven.

## DARK WASHINGTON PIE.

One-half cup each of brown sugar, molasses and sour milk ;  
One tablespoonful butter ;  
Two teaspoonfuls soda ;  
One teaspoonful of all kinds of spice ;  
Three eggs.

Bake in three jelly cake tins. Take the whites for frosting. Make the frosting just so it won't run. Put between and on top.

## RICE PIE.

To one quart of boiling water, add one cup of rice ; boil until soft ; remove from the fire, and add one quart cold milk, one teaspoonful salt, five beaten eggs, one teaspoonful extract of nutmeg, and sugar to taste.

## POTATO PIE.

Boil four Irish potatoes ; mash and strain ; to one pint of potato, add one and a half pint of milk, cup sweet cream, two eggs, one cup of sugar and flavor with lemon.

## APPLE PIE.

Peel and quarter your apples ; boil in a little water till almost done ; then add sugar, and boil till soft. Remove and mash ; line a pan with an under crust ; fill with the stewed apples, and bake. Beat the whites of two eggs to a stiff froth with one teaspoonful powdered sugar, and flavor with a few drops of extract of nutmeg ; spread over top of pie, and brown lightly.

## CHERRY PIE.

One teacupful of stoned and ripe mashed cherries ; one teacupful of sugar ; two tablespoonfuls of water, and one tablespoonful of flour beaten with the yolks of two eggs ; bake with one crust, and frost the top.

## WHOLE PEACH PIE.

Fill pie dishes lined with pastry with whole peaches, peeled but not stoned. Sprinkle them thickly with sugar, and lay a good crust over them. Bake in a steady oven. Sprinkle the crust with powdered sugar before the pie is served, and pass sugar and cream with each piece.

Glaze the bottom crust of fruit pies with white of egg, and they will not be soggy.

## PANDOWDY.

Line the sides of a pan with pie-crust ; slice Baldwin apples about one-quarter of an inch thick. Alternate in layers apples, sugar, salt, a dredging of flour, bits of butter, and ground cassia. The dish should be deep enough to accommodate three layers. Over the whole, pour about one-half cup of molasses, and a little water ; cover with crust rolled rather thick, with slashes cut for evaporation. Bake in a moderate oven.

## ORANGE PIE.

Grated rind and juice of two oranges;  
Four eggs;  
Four tablespoonfuls sugar;  
One teaspoonful butter.

Cream the butter and sugar, add the beaten eggs, then the orange rind and juice, and last, the whites beaten to a froth.

## CHOCOLATE TARTLETS.

Four eggs;  
One-half cake Baker's chocolate, grated;  
One tablespoonful corn-starch, dissolve in milk;  
Three tablespoonfuls of milk;  
Four tablespoonfuls white sugar;  
Two tablespoonfuls vanilla;  
One-half teaspoonful cinnamon;  
A little salt;  
One heaping teaspoonful melted butter.

Rub the chocolate smooth in the milk; heat over the fire, add the corn-starch wet in more milk. Stir until thickened and pour out. When cold, beat in the yolks and sugar with the flavoring. Bake in open shells lining *paté* pans. Cover with a *meringue* made of the whites and a little powdered sugar, when they are nearly done, and let them color lightly. Eat cold.

## ORANGE SHORT CAKE (from Florida).

Make a very light biscuit dough; roll it out quite thin; butter well, and lay in jelly tin, letting it come up the sides like pie-crust; then roll another thin, round cake, and lay on the other one after it has been buttered; let it also come up the sides; place in the oven; when done, the top one can be lifted out, and you have two saucer-shaped cakes that will hold the juice nicely (it is a much nicer way than having to split them).

**Direction for filling:** Peel the oranges round and round like an apple, and slice them across sections and fill the cakes; sprinkle plentifully with sugar, and moisten all well with juice enough to saturate the cakes; take three or four large oranges, squeeze the juice, and with sugar make into a sauce and eat with the cakes.

#### STRAWBERRY SHORT-CAKE.

Two cups flour;  
Two tablespoonfuls baking powder;  
One tablespoonful lard;  
One tablespoonful butter;  
One-half cupful milk;  
Three tablespoonfuls white sugar;  
One-half teaspoonful salt;  
One quart strawberries;  
Sugar; cream.

Rub the shortening into the salted flour in which the baking powder has been mixed, and wet with the milk in which has been dissolved the sugar. Roll out half an inch thick, and bake in two jelly-cake tins. The dough should be soft and handled very little. Bake to a nice brown, and, when cold, place between the cakes a layer of strawberries that have been hulled and thickly sprinkled with sugar. Place another layer over the top similarly sprinkled, and eat with cream.

#### PEACH SHORT-CAKE.

Slice the peaches; arrange them with sugar as fast as peeled, and arrange in the usual manner in layers on top of the short-cake. The top layer should be covered with a whipped cream to make it more palatable.

#### FRUIT ROLLS.

Make a crust as usual; roll out in a long sheet; spread thickly with peaches, apples, plums, or small fruit, mashed or

with jam; sprinkle with sugar; roll up and fold the ends over; wrap in a strong cloth; tie closely and place in a steamer; serve with sauce or sweetened cream.

#### PEACH ROLLS.

Stew dried fruit till done; sweeten and flavor to taste. Make a good baking-powder crust; roll very thin, and spread fruit on, putting thin slices of butter on the fruit; roll the crust up in a roll, and place in a pan four or five inches deep, and to three or four rolls, add one cup of sugar and one-half cup of butter, and pour in hot water enough to cover them, and bake one-half hour. Eat with sugar and cream or any sauce preferred.

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#### PUDDINGS.

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##### APPLE CUSTARD.

One pint of milk;  
Four eggs, yolks;  
One cup sugar;  
One tablespoonful corn-starch.

Boil the milk in a farina-boiler; when hot, pour over the above, stir constantly till a nice custard; pour into individual cups or glasses about two-thirds full; fill the balance of the cup with apple-sauce; whip the whites of the eggs, and two tablespoonfuls white sugar, to a froth; dropping this on each cup. This can be varied with different flavors, jelly, or chocolate.

##### APPLE SAGO PUDDING.

Pour one quart of boiling water over six tablespoonfuls sago; cover and let stand until luke-warm; then stir well and

cover it again; pare and core eight apples; fill the cores with sugar and cinnamon and a little salt; pour the sago over apples, and **put in oven** and bake till the apples are done.

#### APPLE MERINGUE.

Stew in a porcelain kettle your golden apples until soft and smooth, and sweeten with white sugar; flavor with a little cinnamon; beat the whites of three eggs; add drop of vanilla, and pour over apples; put this dish into hot water, and place in the oven until the white of the eggs are pale brown. Eat with cream and sugar.

#### APPLE DUMPLINGS.

(Without baking-powder.)

Crust:

Three white potatoes;  
One quart flour, sifted;  
Two or three ounces shortening;  
One teaspoonful salt.

Water sufficient to make a dough (the more potatoes the less water); peel the potatoes; boil till tender; pour off the water quickly, and toss the sauce-pan up a few times with the potatoes in the hot vessel; this makes them mealy and sparkling if mashed at once with a *fork*; add the shortening, salt, flour, and a little water.

Apples:

Have tart, good cooking apples, never sweet ones, because they will not be cooked in time for the crust. Pare, halve, and take out cores; pinch off a piece of the dough sufficient to go around the apple in a *thin* crust; lay two halves together and cover, fastening the seam securely. Do not roll out, nor use flour in putting together or they will come apart. Have the water boiling when they are put in, and keep it *gently* boiling till they are done, which will be in from twenty to

thirty minutes. A fork can be used to try the apples, which, if soft, all is done. The pot in which they are boiled must be of such a size and shape that the dumplings are but one tier deep; never pile them on each other, and have them just cover the bottom with some allowance for swelling. This is very important. Do not put them in cloths or bags.

#### BAKED APPLE DUMPLINGS.

Make a paste as for baking-powder biscuits; pare and core nice baking apples; cut the paste large enough to cover the apple; spread with butter, and sprinkle with cinnamon; fill the core with sugar, and cover the apple smoothly with the paste; place in a dripping-pan, and pour in boiling water one inch deep; bake until the apples are done; throw the water over the top occasionally to keep them nice and soft.

#### PLAIN DUMPLINGS.

One egg;  
One-half cupful water;  
Two cupfuls flour.

Beat the egg well; add a pinch of salt; add the flour, in which mix two teaspoonfuls of baking-powder; cook thirty minutes.

#### QUEEN OF PUDDINGS.

One pint of nice bread-crumbs;  
One quart of milk;  
One cupful sugar;  
Yolks of four eggs, beaten;  
Grated rind of one lemon;  
Piece of butter, the size of an egg;  
Bake until done, not watery.

Whip the whites of the eggs stiff, and beat in one cup of pulverized sugar in which has been stirred the juice of the lemon; spread over the pudding a layer of jelly; then pour



the whites of the eggs over this, and replace in the oven, and bake to a golden brown. This can be eaten with cold cream, if preferred.

#### BREAD PUDDING.

One pint of bread-crumbs; one quart of milk; the rind of one lemon grated into milk; yolks of four eggs beaten and mixed with one cup of sugar; bake half an hour; then spread meringue on top made of the whites of the eggs whipped to a cream, with one cup of pulverized sugar; return to the oven; bake to a light brown.

#### FLOATING ISLAND.

Take one quart of milk; yolks of six eggs, well-beaten; sugar to taste. Place in a saucepan over the heat and stir with a spoon until the custard becomes thick; flavor with vanilla, place in a dish to get cold. Beat the whites and a teaspoonful of powdered sugar to a froth, and heap on the custard.

#### BAVARIAN CREAM.

One tablespoonful Cox's gelatine;  
One cup cream;  
Two tablespoonfuls pulverized sugar;  
Whites of two eggs;  
One teaspoonful vanilla (small);

Soak the gelatine in the water; add the sugar; beat thoroughly together; add the vanilla; beat the whites of the eggs well; add to mixture and beat all together.

#### SPANISH CREAM.

One-half box gelatine soaked in a half pint milk;  
The beaten yolks of six eggs;  
Four tablespoonfuls sugar.

Let one quart of milk come to a boil; pour on gelatine and egg, then return to the fire; boil the same as custard; add the beaten whites of the eggs; stir briskly; flavor with one

teaspoonful of vanilla. Spanish cream must be on ice several hours to harden.

#### LEMON SAUCE.

One cupful boiling water ;  
One cup sugar ;  
One tablespoonful flour ;  
A lemon.

Mix the flour smoothly with a little cold water, and stir into the boiling water. Add the sugar and the juice and thin rind of a lemon. Boil gently for twenty minutes. This sauce is nice for any kind of pudding.

#### RICE PUDDING.

One-half cup rice ;  
One pint water.

Boiled until dry, then mix one quart milk, four tablespoonfuls sugar, one tablespoonful butter, yolks of three eggs and grated nutmeg. When baked, take the whites and one teaspoonful of sugar, beating to a froth, and spread over the top. Place in oven five minutes.

#### LEMON RICE PUDDING.

One cup of rice ; one quart of milk ; let it stand till the rice is cooked ; add the yolks of four eggs ; piece of butter ; sugar and salt to taste ; the rind and juice of one lemon. Beat the whites of the eggs, and a little sugar to a stiff froth ; place on the top and put in the oven to brown.

#### TAPIOCA CUSTARD.

Three tablespoonfuls of tapioca, soaked in water over night. Pour off the water and boil in one quart of milk for one hour ; then add two-thirds cup of sugar, and the yolks of three eggs, and let it boil a few minutes longer. Beat the

whites to a stiff froth with a little sugar added. Then place the hot custard in a bowl, cover it with the beaten whites and place in the oven a very few minutes to brown. To be eaten cold with cream.

#### TAPIOCA PUDDING.

One-half cup pearly tapioca or rice put in soak in cold water over night; add one quart of milk; cook thoroughly one hour; add the beaten yolks of four eggs; one cup of sugar; little salt; grated rind of one lemon; bake half an hour; let it cool a little; beat the whites of four eggs with a cup of sugar and the juice of one lemon; place this on the top, return to the oven and bake until a golden brown.

#### SNOW PUDDING.

One-half box of gelatine; soak for ten minutes in half a pint of cold water, then pour on one pint of boiling water; add one pint of sugar; strain it; when jellied, beat with egg-beater until white and foamy all through; then add the beaten whites of three eggs and the juice of three lemons; pour in a mold to cool. Serve with custard.

#### CUSTARD.

The yolks of three eggs;  
One pint milk;  
One-half teaspoonful vanilla.

Boil for a few minutes.

#### CORN-STARCH PUDDING.

Stir one tablespoonful of corn-starch wet in a little cold water, and one-half cupful sugar, with a pint of boiling milk. Stir constantly, until there is no taste of uncooked corn-starch. Add two well-beaten eggs. Cook a minute longer, remove from the fire and flavor with vanilla. This is a delicate des-

sert served with almost any kind of fruit poured around it for a sauce, solid fruits, peaches and cherries, stewed with a great deal of sugar, being, perhaps, the best. Or, divide the preceding recipe into three parts. Flavor one part with grated chocolate melted in a little milk; the other two parts flavor with vanilla. Wet the mold with cold water; pour in half of the plain custard, smooth the top, add the chocolate, smooth the top, add the rest of the plain custard. Allow to cool, and serve with whipped cream.

#### CHOCOLATE PUDDING.

One quart milk;  
Three ounces grated vanilla chocolate;  
Three tablespoonfuls corn-starch;  
Two eggs;  
One-half cup pulverized sugar.

Boil the milk; stir in the chocolate, starch, sugar and beaten yolks of the eggs; bake; when the pudding is cold, beat the whites of the two eggs to a froth; stir in half a cup of pulverized sugar; place this frosting on the pudding and serve.

#### SAGO PUDDING.

Half cup of pearl sago, soaked four or five hours in one cup of cold water; three cups of fresh milk; a good pinch of salt; a bit of soda not larger than an English pea. (This will prevent the milk from curdling while boiling. The precaution should never be omitted in warm weather.) Heat the milk in a farina-kettle until almost scalding. Drop in the salt and soda, stir two or three times to dissolve them, then add the sago slowly, stirring each spoonful thoroughly. Cook fifteen minutes after all goes in, stirring almost constantly, and beating up the mixture from the bottom to avoid clogging or lumping. Turn out, and eat while warm, with sugar and cream. This is also good when allowed to get cold in a mold previously wet

with powdered sugar and cream, adding, if you like, a little vanilla to flavor the cream.

### TAPIOCA PUDDING WITHOUT EGGS.

Soak tapioca over night ; peel one-quarter nice tart apples ; put a layer in a pudding dish ; sprinkle with sugar, nutmeg and bits of butter ; now a layer of tapioca, then apples, sugar, etc., with tapioca on top ; put bits of butter on this, fill up the dish with hot water, and bake one hour, keeping covered until about ten minutes before done ; eat with sugar and cream, or liquid sauce.

## BOSTON PLUM PUDDING.

One cupful suet;      Three and one-half cupfuls flour;  
One cupful milk;      One cupful raisins;  
One cupful molasses;      One teaspoonful baking-powder.  
Boil three hours.

### SAUCE FOR PUDDING.

One cupful sugar ;  
One-half cupful butter ;  
One egg ;  
One cupful boiling water ;  
Two lemons.

Beat the butter and sugar to a cream; add the eggs whipped light; juice of the lemon, and the boiling water little at a time.

## BLACK PUDDING.

One cupful molasses;                      One teaspoonful salt;  
One cupful butter or suet;              One teaspoonful soda;  
One cupful milk;                              One teaspoonful cinnamon;  
One cupful chopped raisins;              One teaspoonful cloves;  
Five cupfuls flour;                           One teaspoonful nutmeg;  
Three eggs.  
Steam three hours.

## YORKSHIRE PUDDING.

One pint of milk ;  
Four eggs, beaten separately ;  
Two small cups of flour ;  
One teaspoonful of cream-tartar ;  
One-half teaspoonful of soda ;  
Pinch of salt.

Bake in a quick oven. This is to be eaten with meats.

## INDIAN PUDDING.

One quart sweet milk, heated to a scalding point ; one cupful of meal mixed with two-thirds of a cup of molasses ; stir it into the boiling milk ; keep stirring until it thickens ; add one teaspoonful of salt ; put it into the baking dish ; pour over it one quart of cold milk ; spice to taste ; bake three hours.

## COTTAGE PUDDING.

Butter, size of an egg ; One pint of flour ;  
One cupful sugar ; One teaspoonful cream-tartar ;  
One egg ; One-half teaspoonful soda ;  
One cupful milk.

## SAUCE.

One cupful sugar ;  
One-half cupful butter ;  
One tablespoonful water ;  
Flavor with lemon.

## FIG PUDDING.

One cupful of suet, chopped fine ; scant teacupful brown sugar ; one-half cupful milk ; the grated inside of one five-cent loaf of bread ; two eggs ; one large spoonful flour ; one-half pound figs, chopped fine ; a little nutmeg.

## LAWRENCE PUDDING.

Line a pudding-dish with small, square pieces of stale cake; then a layer of sliced peaches, either fresh or canned; then a layer of cake, so on till the dish is filled, having the top layer cake.

## JELLY FOR PUDDING.

One-half box gelatine, soaked in a cupful of cold water two hours; add one-half pint sugar, the juice of one lemon, three-fourths of a pint of boiling water; pour the jelly over the pudding; stand away to harden; when ready to serve, turn out of the dish, and eat with cream.

## ORANGE PUDDING.

Two-thirds cup sugar;    One quart milk;  
Three eggs (yolks);    Two tablespoonfuls corn-starch;  
One cup sugar.

Put the milk into the boiler, then add the beaten yolks, the two-thirds cup of sugar and corn-starch; slice the oranges, and cover with the one cup of sugar, then pour the mixture over them. Whip the whites of the three eggs, add four tablespoonfuls of pulverized sugar; cover the pudding; brown in the oven a few minutes.

## HUCKLEBERRY PUDDING.

One cup butter;  
Two cups sugar;  
One cup milk;  
Three cups flour;  
Five eggs;  
One quart huckleberries;  
One teaspoonful soda.

Beat sugar and butter together; add eggs well-beaten; then milk with soda in it; then flour; when well mixed, add berries well floured. Bake in tin pans in quick oven.

## BANANA CHARLOTTE.

Line the sides of a quart mold with sponge cake, and the bottom of the mold with thin slices of bananas; fill the mold with stiff whipped cream, and cool in an ice box ;

## STEAM PEACH PUDDING.

Sift together one pint of flour, two heaping teaspoonfuls of baking powder and two saltspoonfuls of salt. Beat together the yolks of two eggs, with three ounces of sugar and a half pint of milk ; add this to the flour ; beat the whites of the eggs to a froth and add it also. Cut six nice peaches, dredge them with flour and add to the mixture ; pour into a buttered pudding mold, and steam two and a half hours. Send to table with a creamy sauce, flavored with anything you like.

## CHERRY PUDDING.

One cup sugar ;  
One cup milk ;  
Two eggs ;  
One teaspoonful soda ;  
Three cups flour ;  
One-half cup melted butter ;  
Two cups fresh cherries ;  
Steam three hours.

Keep a pudding bag of white drilling ; wash in clear water and flour well before pouring in the pudding ; leave room to swell ; always have the water boiling before putting in the pudding.

## FRUIT FLUMMERY.

Make a nice biscuit pastry ; roll and cut into three-inch squares ; drop into a pot of stewed blackberries or cherries or peaches ; boil together thirty minutes ; serve hot with cream or any kind of nice pudding sauce.



**AUNT MENA'S FRUIT PUDDING.**

One-quarter pound suet, chopped fine ;  
One cupful milk ;  
One cupful sugar ;  
One cupful fruit, raisins, currants, citron ;  
Two large apples, chopped fine ;  
Two cupfuls flour ;  
Two eggs, yolks only ;  
Two tablespoonfuls baking-powder.

Boiled in a well-greased kettle three hours ; water must be boiling before putting in pudding, and kept boiling till done ; if water ceases to boil, your pudding will be heavy ; serve hot.

**SAUCE.**

(Mix well together).

One pound pulverized sugar ;  
Piece butter, size walnut ;  
Whites of two eggs.

Stand away to harden.

**JUNKET.**

One quart milk, warmed, sweetened to taste ; add one teaspoonful vanilla, one tablespoonful rennet ; stir two or three times, then stand away to cool.

**CREAM SAUCE FOR COTTAGE OR FRUIT PUDDING.**

Beat yolks of three eggs ; add sugar, and flavoring ; heat the whites separately ; place the yolks in a pan over the tea-kettle ; beat in yolks with egg-beater ; do not let it get hot, only light and foamy.

**BLANC MANGE.**

Take a pinch of Irish moss ; wash it thoroughly, and let it stay in cold water a little while to soften it ; put it into a

quart of milk, and let it boil until the moss comes to pieces ; put in a little sugar, and when it is done, strain it, and put it in a cool place to harden.

#### HASTY PUDDING.

One pint milk ;  
Two eggs ;  
One-half pint flour ;  
Pinch of salt and soda.

Lemon or other flavoring to taste ; bake half an hour.

#### SIX-CUP PUDDING.

One cup suet (chopped fine) ;  
One cup bread-crumbs ;  
One cup flour ;  
One cup raisins ;  
One cup milk ;  
One cup brown sugar ;  
One and one-half teaspoonfuls baking powder ;  
Cinnamon, cloves, ginger to taste. Steam three hours.

#### SAUCE.

Tablespoonful butter, rub well ;  
Tablespoonful corn-starch ;  
Rind of one lemon ;  
Three-quarters cup sugar.  
Scant pint of boiling water and let come to a boil.

#### TURK'S HEAD PUDDING.

One cupful molasses ;      One and one-half cupfuls raisins ;  
One cupful milk ;      Three cupfuls flour ;  
One-half cupful butter ;      One teaspoonful soda.  
Beat well, steam three hours in a bowl or Turk's head.

## GRAHAM PUDDING.

One cupful molasses ;  
One cupful sweet milk ;  
One and one-half cupfuls Graham flour ;  
One and one-half tablespoonfuls butter ;  
One egg ;  
One teaspoonful soda ;  
One-half nutmeg ;  
One-half teaspoonful cinnamon ;  
One cupful raisins or dried cherries.  
Steam two hours in a buttered baking dish.

## QUEEN ANNE'S PUDDING.

Take a loaf of stale bread, cut into one-inch slices ; cut each slice into halves ; beat three or four eggs very light, and stir into one pint of milk ; let the bread soak in the custard two or three hours ; fry in a hot buttered spider a delicate brown, and serve with molasses sauce.

## APPLE DUMPLINGS.

Pare and core enough apples to fill a pudding-dish, leaving the apples whole ; cover with the following batter :

One cup cream or milk ;	One-teaspoonful soda ;
One-half cup sugar ;	Three eggs ;
Little salt ;	One and one-half cups flour.

Steam one hour ; they are very nice baked also.

## MOLASSES SAUCE.

One cup molasses ;  
One cup water ;  
One-half teaspoonful grated nutmeg or cinnamon ;  
One teaspoonful butter.  
Boil twenty minutes ; when cold, add the juice of one lemon.

## APPLE FLOAT.

Two large apples. Roast them; when done, scrape away from skin and core; white of one egg; whip together for thirty minutes one pint milk and yolks; one-half cup sugar; one-teaspoonful corn-starch; one teaspoonful vanilla; boil the custard.

## BROWN BETTY.

Fill the pudding-dish with layers of bread and chopped apples, not too fine; sprinkle each layer of apples with sugar, small pieces of butter and grated nutmeg, having a layer of apples on top; add little water.

## SOFT CUSTARD.

One quart milk;  
Four eggs;  
One cup sugar;  
One teaspoonful vanilla.

Mix the yolks of eggs and sugar together; put milk on the fire in a farina boiler until hot; then pour it on the sugar and eggs; return to the fire, and boil two minutes, stirring constantly. When done, add the vanilla, and pour into the custard cups. Whip the whites of the eggs; add two tablespoonfuls pulverized sugar; when stiff, drop on each custard.

## BAKED CUP CUSTARD.

One quart milk;  
Four eggs;  
One cup sugar;  
Little nutmeg.

Beat eggs and sugar; then pour in milk, and flavor with the nutmeg. Fill each custard cup full; place in a pan of water; put in oven and bake thirty minutes.

**CATTSKILL MOUNTAIN PUDDING.**

One cup of suet ;  
One cup of milk ;  
One cup of raisins ;  
One cup of molasses ;  
One egg ;  
One teaspoonful cream of tarter ;  
One-half teaspoonful soda.

Flour enough to make a stiff batter. Steam two hours.

**EMPIRE SUET PUDDING.**

One cupful sugar ;                      One cupful molasses ;  
One cupful milk ;                      One cupful raisins ;  
Two and one-half cupfuls flour ; One teaspoonful soda ;  
One teaspoonful salt ;  
Three-quarter cupful suet, chopped fine, roll in flour.  
Steam two and one-half hours.

**SAUCE FOR SUET PUDDING.**

One cupful sugar ;  
Butter, size of egg ;  
Juice and grated rind of one lemon ;  
One tablespoonful corn-starch ;  
One and one-half cupfuls water.

Cook all together, and, when almost done, add the white of one egg, well beaten.

**JELLY FRUIT.**

One-half box gelatine, soaked in a half-pint of cold water for twenty minutes ; then add one and one-half pints of boiling water ; one pint sugar ; juice of three lemons ; strain and pour over half a pound white grapes ; three sliced oranges ; three sliced bananas ; pour in a mold to jelly.

## CORNELIA'S PUDDING.

Two cups corn-meal :      Two tablespoonfuls butter ;  
One cup bread-crumbs ;      One teaspoonful soda ;  
One cup molasses ;      One-half teaspoonful ginger ;  
One cup sour milk ;      One-half teaspoonful cinnamon ;  
Three eggs.

Bake half an hour in a quick oven. Eat with cream sauce.

## NICE BOILED PUDDING.

One and one-half cups graham flour ;  
One cup flour ;  
One cup molasses ;  
One cup sweet milk ;  
One cup raisins ;  
One cup currants ;  
One egg ;  
One teaspoonful salt ;  
Small teaspoonful soda ;  
One teaspoonful all kinds spices.  
Steam three hours.

## SAUCE.

One egg ;  
One teacupful sugar ;  
Three tablespoonfuls hot cream ;  
Flavor with vanilla.

## SOFT RICE PUDDING.

Two tablespoonfuls rice to a quart of milk ; add a lump of butter ; sweeten to taste ; flavor. To make nice and creamy, stir now and then ; bake for one hour.

## PALFRAY INDIAN PUDDING.

One quart milk ; six tablespoonfuls of meal, wet with little cold milk ; two eggs stirred into the boiling milk. Take off

the fire, and stir in small piece of butter, one cup molasses and little salt. Bake one and one-half hours. Extra nice, if not eaten until cold.

#### BOILED INDIAN PUDDING.

Two cups buttermilk ;	Two cups corn-meal ;
Two eggs ;	One-half cup raisins ;
Little salt ;	One teaspoonful soda.

Boil three hours in a pudding form, or mold.

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#### ICE CREAM.

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#### ICE CREAM.

Mix the yolks of four eggs with one pint of boiling milk, one quart of cream, four ounces of chocolate dissolved in one pint of hot water ; sweeten to taste ; flavor with extract of vanilla. Whisk thoroughly over the fire until thick and smooth ; when cool, freeze.

#### PEACH ICE CREAM.

Pare and cut in small pieces one dozen peaches, or more, if desired, and boil them with half a pound of loaf sugar. When reduced to a marmalade, press through a fine sieve. When cool, add one pint of cream. Freeze. Serve with halves or quarters of fresh peaches half frozen around the cream.

#### FROZEN CUSTARD.

Two quarts milk ;  
Seven eggs ;  
Three tablespoonfuls corn-starch ;  
One tablespoonful vanilla ;  
Two cupfuls sugar.

Beat well the eggs and sugar together; ~~beat milk in a~~ farina-boiler; pour on egg and sugar and ~~corn-starch~~; return to fire, and boil till a thin custard; stirring constantly; stand away to cool; add your vanilla or different flavoring.

To freeze:

Twelve pounds ice; two quarts rock-salt; place custard in freezer; pack well with broken ice and rock-salt, alternate layers; requires thirty minutes to freeze. You will know when it is frozen by the dasher being hard to turn; remove dasher from the can; then pack well with balance of ice and salt, letting the melted ice run off. The "Gem" Freezer is very good, having a double dasher.

#### MATRIMONY.

Two dozen ripe peaches;

One quart cream;

Sugar.

Pare and slice the peaches; cover thickly with sugar, and let stand three hours; beat in the cream; sweeten to taste, and freeze.

#### ORANGE WATER ICE.

Six oranges;

One pint sugar;

Two lemons;

One pint water;

Two eggs (whites).

When partly frozen, add the whites of the eggs beaten to a stiff froth..

#### STRAWBERRY WATER ICE.

Crush two quarts of fresh strawberries with two pounds of granulated sugar; let them stand an hour or more; squeeze them in a straining cloth, pressing out all the juice; add to it an equal measure of water, and when half frozen beat in the whites of three eggs whisked to a stiff froth.



## CAKES.

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### WHITE MOUNTAIN CAKE.

One-half cup butter ;      One and three-quarter cups flour ;  
One cup sugar ;      One-quarter teaspoonful soda ;  
One-quarter cup milk ;      Whites of five eggs ;  
One-quarter teaspoonful cream tartar.

Bake in layers.

For the filling :

Small lump of butter, one teaspoonful extract vanilla, juice of half a lemon, one-half cup pulverized sugar.

For icing ;

One cup of pulverized sugar, juice of half a lemon, enough warm water to dissolve the sugar so it will spread.

### COLD WATER CAKE.

Two cups sugar ;      Three cups flour ;  
Three-quarters cup butter ;      One cup cold water ;  
Three teaspoonfuls baking powder ;  
Whites of six eggs beaten stiff.

### WHITE AND YELLOW CAKE.

One cup sugar ;      One-half cup corn-starch ;  
One-half cup butter ;      Four eggs ;  
One-half cup milk ;      One and one-half cups flour ;  
Two teaspoonfuls baking powder.

In making this cake, after mixing all the ingredients together except the eggs, divide the batter into two parts, putting the yolks into one and the whites into the other after they

have been whipped. Flavor to taste. Put into the pan in alternate layers.

#### WHITE OR DELICATE CAKE.

Whites of six eggs ;  
 Three-quarters cup butter ;  
 Two cups sugar ;  
 Three cups flour ;  
 Two-thirds cup sweet milk ;  
 Two teaspoonfuls baking powder.

#### MRS. PIER'S PEERLESS CAKE.

One pound pulverized sugar ; One pound sifted flour ;  
 One-half pound butter ; One cup milk ;  
 Two teaspoonfuls baking powder ;  
 Six eggs beaten separately

After the yolks are well beaten, put them into the butter and sugar, which must be mixed by the hand ; then add the balance of the ingredients ; in this also can be added a few seedless raisins or currants, or thin slices of preserved citron or pine-apple. Best eaten fresh.

#### TEA CAKE.

One cup sugar ; One and three-quarter cups flour ;  
 One tablespoonful butter ; Two teaspoonfuls baking powder ;  
 One-half cup milk ; Three eggs.  
 Flavor to taste.

Set in the cool part of the oven till light, then move to hot part to brown over ; best baked in a shallow dish.

#### FEATHER CAKE.

Two teaspoonfuls butter ; Two cups flour ;  
 One cup sugar ; Two teaspoonfuls baking powder ;  
 One egg ; One-half cupful milk.  
 A very nice plain cake.

## NEAPOLITAN CAKE.

## Black part :

One small cup butter ;  
Two cups brown sugar ;  
Four eggs ;  
One cup molasses ;  
One cup strong coffee ;  
Four and one-half cups flour ;  
Two teaspoonfuls soda ;  
Two teaspoonfuls cinnamon ;  
Two teaspoonfuls cloves ;  
One teaspoonful mace ;  
One pound raisins ;  
One pound currants ;  
One-quarter pound of citron.

Bake cake in round pans with straight sides.

## White part :

One cup butter ;  
Four cups powdered white sugar ;  
Two cups sweet milk ;  
Two and one-half cups flour ;  
Two cups corn-starch mixed with flour ;  
Whites of eight eggs ;  
Six teaspoonfuls baking powder.

Flavor with bitter almond. Bake in same size pans as the other.

## Frosting :

White of one egg thoroughly beaten ; the grated rind of two, and the juice of three lemons, and powdered sugar enough to make a thick frosting. Then lay a white layer upon each black one, and frost as you would any other loaf. This will make two four-layer cakes.

## LILY CAKE.

One cup butter;            One cup corn-starch;  
Five eggs (whites);      Two cups flour;  
One cup milk;            One teaspoonful baking powder.

Beat the butter and sugar together; stir the corn-starch into the milk, then add to the butter and sugar; add the flour with the baking powder rubbed through it; flavor with a teaspoonful of vanilla; lastly, the eggs beaten to a stiff froth.

## FLUFFY CAKE.

One cup sugar;            One cup milk;  
Piece butter, size of walnut;    One cup flour;  
One egg;            One teaspoonful baking powder.

Cream the butter and sugar; add the milk; the yolk of egg; the flour and baking powder; lastly, the beaten white.

## ICING.

One cup sugar, one-quarter cup of water, scant; cook until it candies. Pour while hot over the beaten white of one egg; flavor with vanilla, and whip until it is cool; then spread on cake.

## LADY FINGERS.

One cup sugar, and  
One-half cup butter, beaten together.  
One egg;  
One-fourth cup milk;  
One pint flour;  
One teaspoonful cream of tartar;  
One-half teaspoonful soda;  
One and one-fourth teaspoonfuls vanilla.

Cut in little strips, roll in sugar, and bake in a quick oven.

## LEMON CAKE.

One cup butter ;  
 One and one-half cups sugar ;  
 One-half cup sweet milk ;  
 Two and one-half cups flour ;  
 Three teaspoonfuls baking powder ;  
 Four eggs ;

Bake in layers.

For the jelly :

One cup sugar ;  
 One tablespoonful butter ;  
 One egg ;  
 The juice and grated rind of one lemon.

Beat all together, and boil until like a jelly.

For Orange Cake, proceed the same as above.

## LADY CAKE.

One-half cup butter ;  
 Two-thirds cup milk ;  
 Whites of six eggs beaten stiff ;  
 One and one-half cups sugar ;  
 Two cups flour ;  
 Two teaspoonfuls baking powder ;  
 Flavor to taste.

## MOLLIE'S HICKORY NUT CAKE.

One-half pound sugar ;	One half-pound currants ;
Two eggs ;	One-quarter pound raisins ;
One-quarter cup butter ;	One pound kernels ;
One half cup milk ;	Little nutmeg ;
Two cups flour, or more ;	
Two teaspoonfuls baking powder.	

Butter and sugar mixed to a cream ; add the eggs, etc. ;  
 flour the fruit and kernels before mixing into the batter, which  
 must be very stiff bake in slow oven.

## GOLD CAKE.

One-half cupful of butter ;  
One and one-half cupfuls of sugar ;  
Two and one-half cupfuls of flour ;  
One-half cupful of milk ;  
One-half teaspoonful of soda ;  
Two teaspoonfuls of baking powder ;  
Yolks of six eggs ;  
One teaspoonful of vanilla.

## Boiled icing :

Whites of four eggs, one pint of sugar melted in water, and boiled to clear thick syrup ; add to it the eggs, and beat until cold.

## PLUM CAKE.

One pound brown sugar ;      One-half pound citron ;  
One pound butter ;      One pound sifted flour ;  
One pound raisins ;      Seven eggs ;  
Two pounds currants ;      One-third cupful milk ;  
One teaspoonful saleratus, dissolved in a little water.  
Bake in a slow oven for three hours.

## FRUIT CAKE.

One-half pound butter ;      One teaspoonful saleratus ;  
One and one-half pounds brown sugar ;  
One teaspoonful cinnamon ;  
Eight eggs ;      One teaspoonful cloves ;  
One-half pound flour ;      One pint molasses ;  
Two pounds currants ;      One pound citron ;  
Two pounds raisins.

Mix the sugar and the yolks of the eggs together ; then add the whites beaten separately.

## FRUIT OR PLUM CAKE.

One pound butter ;	Three pounds raisins ;
Three-quarters pound sugar ;	Three pounds currants ;
Ten eggs ;	One pound citron ;
One pound flour ;	One ounce allspice ;
One gill molasses ;	One ounce cinnamon ;
One-half tablespoonful salt ;	One-half ounce nutmeg ;
One teaspoonful saleratus ;	One-half ounce cloves.

This makes two loaves ; bake four hours.

## CHEAP FRUIT CAKE.

One cupful sugar ;	One-half cupful molasses ;
One-half cupful butter ;	Three cupfuls flour ;
Two eggs ;	One cupful raisins ;
One teaspoonful spices ;	One cupful currants ;

One teaspoonful baking powder.

## WHITE FRUIT CAKE.

Two-thirds cupful butter ;  
 Two cupfuls sugar ;  
 One cupful sweet milk ;  
 Three cupfuls sifted flour ;  
 One cupful stoned raisins, chopped ;  
 Three teaspoonfuls baking powder ;  
 Whites of four eggs ;  
 Lemon flavor.

Beat the butter and sugar to a cream ; add the milk, then the flour with the baking powder well mixed with it, then the beaten whites of eggs stirred lightly in the batter. Cover the bottom of the cake tin with the batter, and on this put the chopped raisins, and cover well with the batter. Extracts are better and stronger, if dropped on the cake after it is baked. A few scattered drops over the top will flavor the whole loaf.

## DRIED APPLE CAKE.

One-half cupful butter ;  
One cupful brown sugar ;  
One egg ;  
One and one-half pints molasses ;  
One-half pint raisins ;  
Three and one-half cupfuls flour ;  
One teaspoonful soda ;  
One teaspoonful cinnamon ;  
One teaspoonful mace ;  
One teaspoonful cloves ;  
One and one-half pints sour dried apples.

Cover the dried apples with water and soak over night ;  
pour off all the water that remains ; chop not too fine ; stew  
with spices, molasses, twenty minutes ; when cold, add butter,  
eggs, and soda dissolved in a tablespoonful boiling water, flour  
and raisins, and bake in a moderate oven.

## FRENCH CAKE.

Two cupfuls sugar ;  
One-half cupful butter ;  
One cupful sweet milk ;  
Three eggs ;  
Two cupfuls flour ;  
One cupful corn-starch ;  
One teaspoonful soda ;  
Two teaspoonfuls cream tartar.

## ECONOMICAL CAKE.

Two cupfuls sugar ;      Two and one-half cupfuls flour ;  
One-half cupful butter ;      One teaspoonful soda ;  
One cupful milk ;      One teaspoonful cream tarter ;  
Three eggs.



## FANCY CAKE.

Two tablespoonfuls butter ;  
Three cupfuls flour ;  
Two cupfuls sugar ;  
Two heaping teaspoonfuls Royal baking powder ;  
Three eggs ;  
One cupful milk.

## AN EGGLESS CAKE.

One cupful sugar ;  
One-half cupful molasses ;  
One cupful buttermilk or sour milk ;  
Two and one-half cupfuls flour ;  
One cupful chopped raisins ;  
One-half cupful currants ;  
Two tablespoonfuls butter ;  
One teaspoonful soda.  
Stir into milk ; clove and spices to taste.

## OLD-FASHIONED ELECTION CAKE.

This is made of four pounds of flour ; three-fourths pound butter ; four eggs ; one pound sugar, and one-half pint good yeast. Wet it with milk as soft as it can be molded on a board. Spice with one nutmeg, two heaping tablespoonfuls allspice, and three heaping tablespoonfuls cinnamon. Put it over hot water to rise ; then put it into tins and let it rise the second time. Just before you put it in the oven, cut the loaves with a sharp knife just through the crust lengthwise and crosswise, then to a well-beaten egg add as much molasses, and rub this over the loaves before baking. When done, take them out, and rub the molasses and egg over the top of the loaves again, and set them back into the oven about a minute. The cake is better after it is several days' old.

## CURRANT CAKE.

One cupful butter ;	Four cupfuls flour ;
One cupful sugar ;	Three eggs ;
One cupful molasses ;	One teaspoonful soda ;
One cupful sour milk ;	One pound currants ;
Spice as desired.	

Will make two loaves.

## ICE CREAM CAKE.

One cup butter ;	Two cups sugar ;
One cup sweet milk ;	Four cups flour ;
Eight eggs (whites) ;	Two teaspoonfuls baking powder.

Cream the butter and sugar, add the milk, then the flour and baking powder, then the whites of eggs well whipped; bake in two square tins.

Icing and filling for cake:

One pint of sugar; three eggs; boil the sugar, until it is hard enough to crack against a cup when cooled in water; then stir into beaten whites until cool and thick enough to spread between and on top of cake. Flavor taste.

## ICE CREAM CAKE.

One cupful sugar ;	One-half cupful milk ;
One-half cupful butter ;	One-quarter cupful corn-starch ;
One cupful flour.	

After mixing the above ingredients well, butter and sugar first, add a tablespoonful of flour with two teaspoonfuls of yeast powder, a little grated nutmeg, and lastly the beaten whites of five eggs. Bake in layer pans in a moderate oven, and when done, allow to cool before icing.

Icing for Ice Cream Cake:

Let two cups of pulverized sugar, and one-half gill of water boil until thick. Beat the whites of two eggs until stiff;

then pour in the boiling sugar gradually, beating vigorously all the while. When slightly cool, add a piece of citric acid, size of a pea, dissolved in a little water, also vanilla or rose water. When cold, spread on the cake.

#### CONFECTION CAKE.

##### Dark layer :

One cupful sugar ;  
One-half cupful butter ;  
One-half cupful molasses ;  
Yolks of four eggs ;  
One-quarter cupful milk ;  
One-half teaspoonful yeast powder ;  
Two cupfuls flour ;  
One and one-half pounds seedless raisins ;  
A little grated nutmeg.

##### White layer :

One and one-half cupfuls white sugar ;  
One-half cupful butter ;  
One half cupful milk ;  
Beaten whites of four eggs ;  
Two cupfuls flour ;  
One teaspoonful yeast powder.

Bake each kind in layer, and when cool, place alternately dark and light. with boiled icing and cocoanut between.

#### CUP CAKE.

One cupful butter ;	Three cupfuls flour ;
Two cupfuls sugar ;	Three teaspoonfuls baking powder ;
One cupful milk ;	One cupful currants ;
Four eggs.	

Beat the sugar and butter to a cream ; add the milk, the eggs, the baking powder mixed in the flour, and, lastly, the currants.

## BERTIE FULLER CAKE.

One cupful butter ;	One teaspoonful soda ;
Two cups sugar ;	One teaspoonful nutmeg ;
Four eggs ;	Two-thirds pint sour milk ;
Four cupfuls butter ;	Little salt.
Flavor to suit taste.	

## BLUEBERRY CAKE.

One-half cupful sugar ; Two and one-half cupfuls flour ;  
One egg ; One cupful blueberries (last) ;  
One cupful milk ; Two teaspoonfuls yeast-powder ;  
One tablespoonful butter in a tablespoonful hot water ;  
A little salt.

## BANGOR CAKE.

One-half cupful butter ;  
Two cupfuls sugar ;  
Three eggs ;  
One teaspoonful saleratus, in one cupful milk ;  
Two teaspoonfuls cream tartar, in three cupfuls sifted flour.  
Flavor with essence to suit.

## BERRY CAKE.

One-half cupful butter ;  
Two cupfuls sugar ;  
Three eggs ;  
One teaspoonful soda, in one cupful milk ;  
Little salt ;  
Nutmeg ;  
Two teaspoonfuls cream tartar, in four cupfuls sifted flour ;  
One quart berries.  
Bake in moderate hot oven about one hour.

## BRIDE'S CAKE.

Whites of twelve eggs ;  
Three cupfuls sugar ;  
One small cupful butter ;  
One cupful sweet milk ;  
Four cupfuls flour ;  
One-half cupful corn-starch ;  
Two teaspoonfuls baking powder sifted thoroughly  
with the flour ;  
Flavor with lemon.

Mix the sugar and corn-starch together ; add the butter ; beat together thoroughly ; add milk ; stir again ; then add flour with the yeast powder ; and, lastly, the eggs beaten very lightly. Half the recipe makes a nice-sized cake, and just as nice a white cake as can be made.

## SUNSHINE CAKE.

Eleven eggs, four yolks only ;  
One and one-half cupfuls sugar ;  
One cupful flour ;  
One teaspoonful vanilla ;  
One-half teaspoonful salt ;  
One teaspoonful cream tartar.

Add the whites of the eggs last.

## PORK CAKE.

One pound of fat, salt pork chopped very fine ; pour upon it one-half pint of boiling water, one pound of raisins, chopped and seeded, if you wish ; two cupfuls of sugar, one cupful of molasses, one teaspoonful of soda stirred into the molasses, one egg, one-half nutmeg, one level teaspoonful each of allspice, cloves and cinnamon, or you can vary the spices to suit yourself. Mix the ingredients all together at one fell stroke, then add flour to make a very thick batter. This

quantity will make two large loaves, which should be baked about an hour in a moderate but steady oven. Take a splint from your corn broom, insert it, and, when the dough does not stick, it is done.

### LAYER CAKE.

One cupful butter ;  
Two cupfuls sugar ;  
Three cupfuls flour ;  
One cupful milk ;  
Three eggs ;  
Two teaspoonfuls cream tartar ;  
One teaspoonful soda.

Flavor with vanilla ; bake in jelly-cake tins.

Filling :

Four tablespoonfuls chocolate ;  
One teacupful water ;  
Two teaspoonfuls corn-starch ;  
A little sugar.

Boil until it thickens. Flavor with vanilla.

### ANGELS' FOOD.

Whites of eleven eggs ;      One tumbler of flour ;  
One and one-half tumblers granulated sugar ;  
One teaspoonful cream tarter.

Beat the eggs very stiff on a large dish, then add the sugar, then the flour which must be sifted four times, then measure and add the cream tartar, then sift again, add one teaspoonful of vanilla with the eggs ; do not stop beating until ready to put into the pan ; bake forty minutes, then try with a straw ; if too soft, let it remain a little longer ; when done, turn upside down to cool in the pan ; be sure not to grease the pan you bake it in ; ice it as for any other cake.

## MAGDA'S CAKE.

One-half cupful melted butter ;  
 One cupful powdered sugar ;  
 One-half cupful milk ;  
 Whites of three eggs ;  
 One and one-half cupfuls flour ;  
 One-quarter cupful corn-starch ;  
 One-half teaspoonful soda ;  
 One teaspoonful cream tartar ; or,  
 One and one-half teaspoonfuls baking powder ;  
 One-half teaspoonful extract.

## MARBLE CAKE.

One cupful butter ;  
 Three cupfuls white sugar ;  
 Five cupfuls flour ;  
 One cupful sweet milk ;  
 Whites of eight eggs ;  
 Two tablespoonfuls baking powder ;  
 Flavor with vanilla or lemon.

## Dark part :

One cupful butter ;  
 Two cupfuls brown sugar ;  
 One cupful each of molasses and sour milk ;  
 One teaspoonful soda ;  
 Four cupfuls flour ;  
 Yolks of eight eggs.

Bake in layers ; first white, then dark.

## BEULAH CAKE.

One-half cupful butter ;	Two cupfuls sugar ;
Three eggs ;	Three cupfuls flour ;
One cupful milk ;	One teaspoonful soda ;
Two teaspoonfuls cream tartar.	

## CHOCOLATE CAKE.

Two cupfuls sugar ;  
Four tablespoonfuls butter rubbed in with the sugar ;  
Four eggs, whites and yolks beaten separately ;  
One cupful sweet milk ;  
Three heaping cupfuls flour ;  
One teaspoonful cream tartar, sifted into flour ;  
One-half teaspoonful soda melted in hot water.  
Bake in jelly-cake tins.

## Filling :

Whites of two eggs, beaten to a froth ; one cupful powdered sugar ; one-quarter pound grated chocolate, wet in one tablespoonful of cream ; one teaspoonful cream ; one teaspoonful vanilla ; beat the sugar into the whipped whites, then the chocolate ; whisk all together hard for three minutes before adding the vanilla ; let the cake get quite cold before you spread it ; reserve a little of the mixture for the top, and beat more sugar into this to form a firm icing.

## RAILROAD CAKE.

Two cupfuls sugar ;  
One cupful milk ;  
Two eggs ;  
Three cupfuls flour ;  
Two teaspoonfuls baking powder.

## THE BEST SPONGE CAKE.

One pound granulated sugar ;  
Ten eggs ;  
One-half pound flour ;  
One-half teaspoonful lemon juice ;  
Grated rind of one large or two small lemons.

Beat the yolks of eggs and sugar together with the hand, and, when well beaten, put in the grated rind ; sift the flour in



by installments, alternating the whites of four eggs beaten into snow ; and, last of all, the lemon juice ; the cake needs only thorough mixing after the flour and whites of eggs go in. It must be baked at once in a quick oven. You can double these proportions.

### ROLL JELLY CAKE.

Four eggs ;  
One cupful each sugar and flour ;  
One teaspoonful cream of tartar ;  
One-half teaspoonful soda ;  
Pinch of salt.

This will make two rolls. Flavor your jelly, and spread over the cake, and roll it up immediately. This will not break in rolling, if there is not too much flour used.

### CREAM SPONGE CAKE.

One cupful sugar ;                      One cupful flour ;  
Three eggs ;                              Two teaspoonfuls cream tartar ;  
Two tablespoonfuls milk.      One teaspoonful soda.

First, rub the cream tartar through the flour ; mix the eggs and sugar together ; add the flour, and dissolve the soda in the milk : bake in shallow tins ; this makes two layers ; when baked, put in the following cream :

Cream :

One-half pint milk ;              One-half cupful sugar ;  
One-quarter cupful flour ;      One egg.

Beat the eggs, sugar and flour together, and stir in the milk while boiling ; scald to the consistency of custard ; stand till cool ; cover one layer with the custard, and place the other on top.

For icing :

One cupful sugar ; juice of half a lemon ; enough warm water to dissolve the sugar so it will spread.

## A GOOD CHEAP SPONGE CAKE.

One cupful sugar ;  
Two eggs ;  
Four teaspoonfuls water ;  
One and one-fourth cupfuls flour ;  
Two teaspoonfuls baking powder.

Beat the whites and yolks of the eggs separately. Mix all, leaving out the one-quarter cupful of flour to mix the baking powder. Stir in the last thing.

## SPONGE CAKE.

One cupful sugar ;  
One cupful flour ;  
Four eggs.

Beat eggs and sugar until a perfect foam, before adding the flour.

## BERWICK SPONGE CAKE.

Three eggs ;  
One and one-half cupfuls sugar (granulated) ;  
One-half cupful cold water ;  
Pinch of salt ;  
Two cupfuls flour ;  
One and one-half teaspoonfuls baking powder ;  
Lemon flavoring.

Beat the three eggs, yolks and whites together ; add the sugar, beat up very light with the eggs ; the flour with the baking powder well mixed through it ; add the half cupful water to the eggs and sugar, also the salt ; then the flavoring ; bake in a moderate oven.

## FIG LAYER CAKE.

Three eggs, one cupful each of sugar and flour, one teaspoonful of cream of tartar, and one-half teaspoonful of soda ;

bake in square tins. Beat the white of one egg with powdered sugar enough to make quite a thick frosting; chop, not very fine, five figs, one dozen raisins, a little citron, and about three slices of lemon; stir into the frosting, spread on the layer of cake, and roll up.

#### SURPRISE CAKE.

One cupful sugar;  
One cupful milk;  
One-half cupful butter;  
Two and one-half cupfuls flour;  
Two and one-half teaspoonfuls baking powder;  
One egg.

Use larger cup to measure sugar than flour.

#### SPICE CAKE.

Two-thirds cupful butter;  
Two cupfuls sugar;  
One cupful molasses;  
One cupful of coffee (liquid);  
One teaspoonful nutmeg;  
Two teaspoonfuls cinnamon;  
One teaspoonful cloves;  
Four and one-half cupfuls flour;  
Two teaspoonfuls soda.

#### COLD WATER SPONGE CAKE.

Two cupfuls flour;  
One cupful sugar;  
One-half cupful each of butter and water;  
One egg;  
One teaspoonful each of soda and cream tartar; or,  
Two teaspoonfuls baking powder.

## SPICE CAKE (No. 2).

Two cupfuls brown sugar;    Three cups flour;  
One cupful butter;            One teaspoonful nutmeg;  
Four eggs;                      One teaspoonful cloves;  
One cupful sweet milk;        Two teaspoonfuls cinnamon;  
One and one-half teaspoonfuls baking powder.

## TUMBLER CAKE.

One tumblerful sour milk;    Four eggs;  
Two tumblerfuls sugar;        Two pounds raisins;  
One tumblerful molasses;      One teaspoonful soda;  
One tumblerful butter;        One-half teaspoonful cloves;  
Six tumblerfuls flour;         One-half teaspoonful nutmeg.

## VELVET CAKE.

One pound sugar;  
One pound flour;  
One-half pound butter;  
Four eggs;  
One cupful water;  
Two teaspoonfuls Royal baking powder.

Beat sugar and butter to a cream; then add flour and water, putting powder in flour; beat eggs separately; then pour together and beat one minute; add to cake last; flavor to taste.

## GELATINE ICING FOR CAKE

Is made by dissolving one tablespoonful of gelatine in a small half cupful of boiling water, thickened with sugar and flavored with lemon. Another—lemon sponge, will be found very delicious, if left to get thoroughly cold on ice. Soak one ounce of gelatine in one pint of boiling water, then add one more pint of boiling water and the juice of three or more lemons, to taste, and sugar to sweeten. Mix well, and stir into

it the beaten whites of four eggs. The whites of the eggs must be beaten until they are perfectly white and light, when put in a mold and place on ice.

## SPANISH BUN.

Two cupfuls sugar ;	Four cupfuls flour ;
One-half cupful butter ;	Two teaspoonfuls cream tartar ;
One teaspoonful soda ;	One and one-half cupfuls milk ;
Three eggs ;	A little nutmeg.

## RIBBON CAKE.

One and one-half cupfuls sugar ;  
 One-half cupful milk ;  
 One-half cupful butter ;  
 Two and one-half cupfuls flour ;  
 Three eggs (yolks) ;  
 Two teaspoonfuls baking powder.

Bake in two jelly pans, putting one cupful of this batter in each. Add to what is left :

One teaspoonful cinnamon ;  
 One teaspoonful cloves ;  
 One-half grated nutmeg ;  
 One tablespoonful molasses ;  
 One cupful chopped raisins.

Put the three layers together with jelly, dark in center.

## Frosting :

Crack English walnuts ; halve the meats ; spread a part of the frosting over the cake ; lay the meats on flat side down ; spread on more frosting, so that the nuts will be coated over, not covered up. By arranging regularly, the cake can be sliced between the rows of nuts. After one has tried this way, it will be preferred to that of stirring the nuts into the frosting. If nuts are put with frosting between layers, they should be chopped fine.

## COCOANUT CAKE.

One-half cup butter ;    Three cups flour ;  
Two cups sugar ;        Two teaspoonfuls cream of tartar ;  
Three eggs ;            One teaspoonful soda ;  
One cup milk.

Bake in four layers.

## Filling :

One grated cocoanut, whites of three eggs beaten to a froth, one cupful powdered sugar ; lay this between the layers and on the top ; it is nice to reserve a little of the cocoanut to strew over the top ; return to the oven just long enough to give it a delicate brown.

## COCOANUT CAKE.

One and one-half cupfuls sugar ;  
One-half cupful butter ;  
One cupful milk ;  
Whites of four eggs ;  
Three cupfuls flour ;  
Three teaspoonfuls baking-powder ;  
Lemon flavoring.

Bake in a round loaf, and, when perfectly cold, slice with a long, sharp knife into three layers.

## Filling for cake :

Whites of two eggs, beaten stiff with a Dover egg-beater ; one cupful granulated sugar ; continue beating sugar and eggs together until sugar is dissolved ; then spread on cake, and sprinkle with cocoanut ; when it is finished, set in the oven to dry for a few minutes.

## BOILED FROSTING.

One cupful pulverized sugar, five tablespoonfuls fresh milk, boiled six minutes ; stir constantly, and until it cools, or nearly so ; cover the cake while the icing still will pour, or it will

harden before it can be spread. Any flavoring, vanilla, almond or melted chocolate, may be added after removing from the fire.

#### BANANA CAKE.

One egg and yolks of two ;  
One cupful sugar ;  
Piece of butter, size of egg ;  
One cupful sweet milk ;  
Two and one-quarter cupfuls flour ;  
Two teaspoonfuls baking-powder.

Take the white of one egg for frosting ; braize two large jelly-tins, and bake cake ; slice bananas, put on cake, and cover with frosting.

#### GREEN MOUNTAIN CAKE.

One and one-half cupfuls sugar ;  
Two-thirds cupful sweet milk ;  
Two-thirds cupful butter ;  
Two cupfuls flour ;  
Whites of four eggs ;  
One teaspoonful cream tartar ;  
One-half teaspoonful soda ;  
Flavor to taste.

#### GOOD SOFT GINGERBREAD.

One cupful each of molasses, brown sugar, butter and buttermilk ; one teaspoonful each of soda, ginger and cinnamon ; two well-beaten eggs ; stir butter, sugar, molasses and spices to a light cream, and set on back of stove till warm ; beat the eggs light ; add the buttermilk to mixture on stove, then eggs and then soda dissolved in hot water, and, lastly, the flour—four or five cupfuls will be enough ; add the last cupful carefully, or as stiff as cup-cake batter. Beat very hard for ten minutes, then pour into hot buttered tins.

## SOFT GINGERBREAD.

One-half cupful sugar ;      One cupful New Orleans molasses ;  
One cupful butter ;      One tablespoonful soda ;  
One egg ;      One tablespoonful ginger ;  
One-half cupful water ;      A little salt ;  
Three cupfuls flour.

## ETTA'S SOFT GINGERBREAD.

One egg ;      One teaspoonful ginger ;  
One cupful molasses ;      One teaspoonful soda ;  
One cupful boiling water ;      One pint flour ;  
One tablespoonful butter.

## CREAM GINGERBREAD.

One and one-half cupfuls each of cream and Porto Rico molasses ; one teaspoonful soda ; one or two eggs ; one heaping teaspoonful ginger and cinnamon mixed, and flour to make a stiff batter. Bake in one large sheet.

## SOFT GINGERBREAD.

One cupful butter ;  
One cupful molasses ;  
One cupful sugar ;  
One cupful sour or buttermilk ;  
One teaspoonful soda dissolved in boiling water ;  
One tablespoonful ginger ;  
One teaspoonful cinnamon ;  
Two eggs.

About five cups of flour enough to make it thick as cupcake batter, perhaps a trifle thicker. Work in four cupfuls first, and add very cautiously. Stir butter, sugar, molasses and spice together to a light cream ; set them on the range until slightly warm ; beat the eggs light (separately). Add the



milk to the warmed mixture, then the eggs, the soda, and, lastly, the flour. Beat very hard ten minutes, and bake at once in a loaf or in small tins. Half a pound raisins, seeded and cut in half, will improve this excellent gingerbread. Dredge them well before putting them in. Add them at the last.

#### MOLASSES CAKE.

One cupful sugar ;	Four cups flour ;
One cupful butter ;	Two teaspoonfuls ginger ;
One cupful sour milk ;	Two teaspoonfuls cinnamon ;
One cupful molasses ;	One-half teaspoonful cloves ;
One teaspoonful soda dissolved in sour milk.	

#### HARD GINGERBREAD.

Two tablespoonfuls sugar ;  
Four and one-half tablespoonfuls lard or butter ;  
One cupful boiling water ;  
A little salt ;  
One and one-half cupfuls New Orleans molasses ;  
One teaspoonful baking soda ;  
One-half teaspoonful ginger.

Melt the butter or lard before using ; make the dough as soft as can be rolled out ; this will make two good-sized cakes ; the oven must be pretty hot when first set in.

#### HICKORY NUT MACAROONS.

Take meats of hickory nuts ; pound fine, and add mixed ground spices ; make frosting as for cakes ; stir meats and spices in, putting in enough to make it convenient to handle ; flour the hands, and make the mixture into balls the size of nutmegs ; lay them on buttered tins, giving room to spread, and bake in a quick oven.

## JUMBLES.

One-half pound butter ;      Two eggs ;  
One-half pound sugar ;      One-half pound flour.

Cream the butter and sugar together ; then add the two eggs ; then the flour ; make in rings by rolling lightly under the hands and joining together.

## CHOCOLATE FROSTING.

Two cupfuls powdered sugar ;  
Two-thirds cupful milk ;  
A piece of butter size of an egg.

Boil for five minutes, stirring it all the time. Beat until almost cold, and flavor with vanilla. Spread on the cake, then melt chocolate and spread on the top.

## AUNT JANE'S SUGAR COOKIES.

Two cupfuls sugar (white) ;  
One cupful cream or milk ;  
One teaspoonful caraway seed ;  
One cupful butter ;  
Two eggs ;

One and one-half teaspoonfuls Royal baking powder.

Add flour enough to roll out as soft as possible. Bake no longer than sufficient to cook through, not until they are brown.

## SUGAR COOKIES.

Two cups sugar ;      One teaspoonful soda ;  
One cup butter ;      One teaspoonful cream of tartar ;  
Two eggs ;      One-half cup milk.  
Add the flour, mix soft, and bake in quick oven.

## CREAM PUFFS.

One cupful hot water ; one-half cupful butter ; boil together, stirring in a cupful dry flour while boiling. When

cold, add three eggs, not beaten; stir well; drop by tablespoonfuls on buttered tins; bake twenty minutes in a quick oven; be careful not to open the oven doors oftener than necessary. This makes fifteen puffs. For the cream, take one cup of milk; one-half cupful sugar; one egg, and three tablespoonfuls flour. Boil as for any custard, and flavor to taste. When both this and the puffs are cold, open them carefully on one side and fill. These are delicious.

#### BOSTON CREAM CAKES.

One-half pound butter;  
Three-quarters of a pound flour;  
Eight eggs;  
One pint warm water.

Stir the butter into the warm water, and set over the fire and stir to a slow boil. When it boils, put in the flour; cook one minute, stirring constantly. Turn into a deep dish to cool. Beat the eggs light, yolks and whites separately, and whip into the cooled paste separately, the whites last. Drop in great spoonfuls upon buttered paper, not so near as to touch or run into each other. Bake about ten minutes in a quick oven, until they are of a golden brown.

Cream for filling:

One quart milk;  
Four tablespoonfuls corn-starch;  
Two eggs;  
Two even cupfuls sugar;  
Lemon or vanilla flavoring.

Wet the corn-starch to a smooth paste with a little of the milk. Boil the rest of the milk. Add to the beaten eggs the sugar and the corn-starch; pour gradually upon these the hot milk; mix well; return to the fire, and stir to a thick custard. Let it get cold before flavoring it. Pass a sharp knife carefully around the puffs, which should also be cold; split dexterously, and fill with the mixture. They are best eaten fresh.

## MILK COOKIES.

Two cupfuls sugar ;  
One cupful butter ;  
One cupful sour milk ;  
Three eggs ;  
One teaspoonful soda.

Sour milk is so little used since the advent of baking powder, that few modern cooks know how to dispose of a cup of sour milk or cream. Here is an old and most excellent recipe for sour cream or milk cookies. Mix the butter and sugar together, add the milk and soda and the eggs well-beaten ; mix soft, roll thin. When the cookies are cut out, sift granulated sugar over them, and roll it by pressing the rolling-pin gently over the cakes, taking care not to flatten them too much.

## VANILLA WAFERS.

One-half cupful butter ;  
One-half cupful cold water ;  
One cupful sugar ;  
One teaspoonful vanilla ;  
Two teaspoonfuls baking powder.

Make into a soft dough ; roll thin, and bake like cookies.

## PATTY-PAN CAKES.

One cupful sugar ;            One cupful flour ;  
One-quarter cupful butter ;    One-half teaspoonful soda ;  
One-half cupful milk ;        One teaspoonful cream tartar ;  
Two eggs.

## BUTTER DROPS.

One pound sugar ;            One-quarter pound butter ;  
Two eggs.  
Flavor to taste ; flour enough to roll out.

## SEED CAKES.

One cupful butter ;      One teaspoonful soda ;  
Two cupfuls sugar ;      Two teaspoonfuls cream tartar ;  
Two eggs ;      One tablespoonful caraway seed.

Enough flour to thicken ; roll and cut thin, and bake in a quick over.

## HERMITS.

One and one-half cupfuls sugar ;  
One cupful butter ;  
Two eggs ;  
One teaspoonful cinnamon ;  
One-half cupful raisins, chopped ;  
One-half cupful currants ;  
One teaspoonful soda ;  
One teaspoonful cloves.

## GINGER SNAPS.

One-half pint butter ;  
One pint New Orleans molasses ;  
One tablespoonful ginger ;  
Pinch of salt.

Melt the butter, add the salt and ginger, then the molasses ; flour enough to roll and cut out nicely ; cut them thin as possible ; bake a golden brown in a moderate oven.

## GINGER COOKIES.

One cupful sugar (brown) ;  
One cupful butter ;  
One cupful molasses ;  
One tablespoonful ginger ;  
One tablespoonful cinnamon ;  
One teaspoonful soda dissolved in three tablespoonfuls water.  
Roll thin, and bake in a hot oven.

## MOLASSES COOKIES.

Three cupfuls molasses, one cupful each of melted butter and sour cream, one-half cupful hot water, two dessert spoonfuls soda, salt and ginger, or any spice you prefer. One large teaspoonful ginger makes them about right. Mix soft, bake quickly, and remove from the oven as soon as done. Do not roll too thin. I usually make only half of the quantity as the whole recipe makes a large amount of cakes.

## GOOD FRIED CAKES.

One and one-half cupfuls sugar;  
One cupful sour cream; or,  
One tablespoonful butter;  
One teaspoonful cream tartar;  
One teaspoonful soda;  
Pinch of salt;  
One egg.

First, beat the eggs; then add the sugar, and the butter or the cream; then the cream tartar and soda dissolved in a little milk; if you use the cream, leave out the milk; stir in the flour until it is as stiff as can be stirred; flour the board; turn out the dough, working as little as possible—they may be spoiled by getting dough too stiff; use two size cake cutters.

## DOUGHNUTS.

One pint sour milk;  
One heaping teaspoonful saleratus;  
One pint sugar;  
One-quarter pint shortening;  
Two eggs;  
One teaspoonful salt.

Mix in flour until stiff enough to roll out. Cut in rings, and fry in hot lard. When done, roll granulated sugar.

## INDIAN DOUGHNUTS (nice for breakfast).

One teacupful white corn-meal;    One egg;  
Two cupfuls rye;                      Two tablespoonfuls molasses;  
One-half teaspoonful soda;        One-half teaspoonful salt.  
Fry in hot lard.

## LAZY FRIED CAKES.

One cupful sugar;            One cupful milk;  
One egg;                      Two teaspoonfuls baking powder.  
Add flour to make a moderately stiff dough; drop from a spoon into hot lard.

## CRULLERS.

Two tablespoonfuls melted lard;  
Two tablespoonfuls milk;  
Three tablespoonfuls white sugar;  
One egg.  
Mix not very soft; add a teaspoonful baking powder to each cup of flour; roll thin, and fry in hot lard.

## CREAM LOAF.

One cupful sugar;  
One egg;  
Butter, size of a nutmeg;  
Two teaspoonfuls baking powder;  
One cupful milk;  
Two cupfuls flour.  
The Cream:  
One pint milk;  
Two tablespoonfuls corn-starch;  
Two eggs.  
Sweeten and flavor to taste.

## DRINKS.

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### TEA.

For tea and coffee, always use a porcelain pot. In making tea, use one teaspoonful of tea to each half pint of boiling water, which place in a scalded pot and allow to steep far back on the range for five minutes, when it is ready for the table.

### COFFEE.

Beat one egg in one-half cup of cold water, and mix it with one-half cup ground Java coffee; pour in a heated pot, and pour a pint of boiling water over it; then let it stand at boiling temperature for five minutes; draw back on the range and let it stand ten minutes longer. The spout is cleared by pouring a little coffee through it, and a tablespoonful of cold water is thrown in the pot to settle the coffee.

### CHOCOLATE.

Six tablespoonfuls grated chocolate to each pint of water. As much milk as you have water. Sweeten to taste. Put in the water boiling hot. Rub the chocolate smooth in a little cold water, and stir into the boiling water. Boil twenty minutes; add the milk, and boil ten minutes more, stirring frequently. You can sweeten upon the fire or in the cups.

### BARLEY GRUEL.

Boil four ounces pearl barley in two quarts of water till reduced about one-half; then strain and sweeten.



## PREPARED COCOA.

One quart of boiling water ;  
Nine heaping teaspoonfuls cocoa ;  
One quart milk.

Make same as chocolate, only boil nearly an hour before you add the milk, afterwards heating almost to boiling. Sweeten to taste.

## COCOA SHELLS.

One quart boiling water ;  
Two handfuls shells ;  
One quart fresh milk.

Wet the shells up with a little cold water ; add to the boiling water, and cook one hour and a half ; strain, put in the milk, let it heat almost to boiling, and take from the fire. An excellent drink for invalids.

## LEMONADE.

One-half pound sugar ;  
One gill juice of three lemons (free from seeds) ;  
One quart water.

Mix these together ; add a large piece of ice, and serve. The lemons should be well rolled before squeezing.

Orangeade is made the same as lemonade, only using less sugar.

## RASPBERRY VINEGAR.

To seven pints of berries, add one quart of good vinegar ; let stand forty-eight hours ; strain, and to every pint of juice allow a pound of sugar ; boil fifteen minutes, and bottle for use. This is a pleasant drink for the sick. Allow two or three tablespoonfuls to a glass of water, according to taste.

## WATER GRUEL.

Mix one gill of Indian meal and a heaping tablespoonful of wheat flour into a thick and smooth paste with water ; stir it

into two quarts of boiling water ; let it boil slowly twenty minutes ; add salt, sugar, and nutmeg to taste. Oatmeal may be used instead of Indian meal.

#### OATMEAL GRUEL.

Rub smooth in a bowl one or two tablespoonfuls of oatmeal with three tablespoonfuls of water. Set it on the fire in a sauce-pan, and let it boil ten minutes, stirring all the time ; then strain it. Milk may be used instead of water, and is very nutritious. Season with salt.

#### BEEF TEA.

Take one and one-half pounds of beef (juicy side of the round), have it ground or chopped fine, then add two teacupfuls of cold water ; salt, and stand on fire so that it will simmer slowly for about an hour ; then strain, and serve.

#### SUMMER DRINK.

Bruise any kind of fruit, such as raspberries, currants, cherries, strawberries, and the like ; then add water and sugar to taste. Let it stand for half an hour, then strain, and keep in a cool place. Fruit jelly will also make a delicious drink, by dissolving in water and letting it cool.

## CANNING, PRESERVING, AND PICKLING.

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Whatever is to be canned, whether fruit or vegetables, must be cooked sufficiently to be eaten, and must be boiling at the time it is put in the jar. Stand the jar in an empty pan (so it can be easily moved when hot) near the kettle that contains the fruit. Dip a large towel into hot water, and wind it around the jar. After the jar is filled with fruit, thrust a knife to the bottom, and by stirring it around, the air bubbles will rise to the top. Have the jar full, and seal quickly.

Stand the jar on the top end in a cool place. Leave it upside down until it cools. As the heat leaves the jar, the cover will loosen, and must be secured occasionally to render it perfectly air-tight.

The pint jar is well adapted to small families. Fruit that is kept air-tight will soon spoil when exposed to the air, and where only a small amount is used, they will be found very convenient.

The old rule for making preserves and jellies is a pound of sugar for every pound of fruit or pint of juice. It is a very inconsistent rule, and I have long since abandoned its use. I think the amount of sugar used should depend on the acid in the fruit. Some fruit is so sour that "pound for pound" is necessary; but where there is little acid in fruit, so much sugar entirely destroys the rich fruit flavor.

Preserves and jellies should be kept secluded from the air, and in a dry place. They should not be placed so that the jars and glasses will come in contact with damp walls, as they imbibe the moisture.

## FOR CANNING.

The amount of sugar to a quart jar should be :

For cherries,	-	-	-	-	6 ounces.
For raspberries,	-	-	-	-	4 ounces.
For Lawton blackberries,	-	-	-	-	6 ounces.
For field blackberries,	-	-	-	-	6 ounces.
For strawberries,	-	-	-	-	8 ounces.
For whortleberries,	-	-	-	-	4 ounces.
For quinces,	-	-	-	-	10 ounces.
For peaches,	-	-	-	-	4 ounces.
For Bartlett pears,	-	-	-	-	6 ounces.
For pineapple,	-	-	-	-	6 ounces.
For crab apples and plums,	-	-	-	-	8 ounces.
For pie-plant,	-	-	-	-	10 ounces.
For sour apples quartered,	-	-	-	-	6 ounces.
For ripe currants,	-	-	-	-	8 ounces.

## CANNING SUGAR CORN.

It is of first importance that the corn be neither too young nor too old. If too young, it will lack sweetness; if too old, it will be hard and unpalatable. When the corn is just right, gather and cut from the cob with as little delay as possible. Fill the cans so as to allow a little for the corn to swell during the process, and cover it with water seasoned to suit the taste. If in tin cans, solder on the caps and boil the cans for five hours. If in glass cans, the tops should be so as to allow for the escape of steam, as glass cans will not bear the pressure secured in tin cans. The lighting jar suits me the best for canning of any I have tried, as the wire furnishes a convenient handle for lifting out of the boiler, and the sealing is done in an instant. Glass cans should stand on something to prevent their touching the metal of the boiler; and should be put over the fire in cold water to prevent them from breaking. Beans and peas are successfully canned by the same process.

(*W. W. Meech.*)

## TO CAN TOMATOES.

Immerse them in a wire sieve in boiling water for a minute or two, and throw into cold water. This will make the skin come off quickly. Peel and slice them, removing all inedible portions, and put them into a colander to drain; then put over the fire, and boil two or three minutes. Partly fill the cans; then put in two or three whole tomatoes peeled cold. Fill up with the boiling fruit, and seal. The cold tomatoes may be omitted if desired. The water drained off may be boiled down, and spiced for catsup.

## CANNED PINEAPPLES.

Pare and core the pineapples, and to every pound of fruit add a quarter of a pound of sugar (half a cup); let stand over night; in the morning, let the syrup formed come to a scald; then add the pineapple, which, when thoroughly heated through, remove and put in jars; let the juice boil up again, after which pour it over the fruit, and seal up immediately.

## CANNED PEACHES.

Cut them in halves, and remove the stone; then peel each half. If sugar is used in putting them up, make a syrup of a pint of water and half pound sugar, more or less; in this, cook the peaches and can them. Two peaches in each can left with the stones in will give a delicious flavor of bitter almond. More than this would be unwholesome.

## CANNED STRAWBERRIES.

Make a syrup of white sugar and water; bring to a boil, skimming when necessary; throw into the boiling syrup enough berries to fill one can; as soon as they boil up, skim out the berries and seal up. Throw another lot of berries into the same syrup, and continue until the berries are all disposed of. The syrup that is left makes beautiful jelly.

## CANNED CHERRIES.

Canned cherries makes such excellent tarts in winter that it is worth while to put up a quantity. Stone them before weighing. Cherries take six ounces of sugar to each quart of fruit, and must be cooked moderately fast for eight minutes after they begin to boil. Do not put them into the cans until you have removed every particle of scum, if they have to boil longer than eight minutes to get it off. This is one great secret of having canned fruit, especially canned tomatoes, to keep well; get the impurities, all that would help to make them ferment, well away before they are sealed up. Then have jars hot; put the fruit in boiling hot, and screw on the lids immediately, keeping even the rubbers in hot water until they are put on.

## CANNED BARTLETT PEARS.

Fill two jars with the pears; make a syrup of one pound of sugar to three pints of water; pour over the pears, and set the jars in cold water, and let it come to a boil.

## CRANBERRY JELLY.

Pick over and wash two quarts of cranberries; put them in a porcelain-saucepan with one quart of cold water and one pound of sugar, and stew them gently until they are tender enough to rub through a potato masher. After the fruit has been thus prepared, return to the saucepan; stir into it four tablespoonfuls of corn-starch dissolved in a cup of the fruit juice; put it over the fire, and stir it constantly, until it has boiled one minute; then put it to cool in jelly molds dipped in cold water.

## PRESERVED CRAB APPLES.

Sort your apples, and the perfect ones put by themselves; trim the stem (leaving about an inch on the apple) and scrape out the blossom end; wash them, put in a porcelain or other

preserve kettle; cover with water; cook until you can run a straw through; skim out and weigh; to each pound, take a pound of sugar and a cupful of water; boil and skim; put in the apples and boil until clear; skim out; boil the syrup a few minutes, then pour over the apples. The water the apples were boiled in, measure, and to each pint put a pound of white sugar, boil an hour, and it makes a beautiful jelly.

#### CHERRY JAM.

Pie cherries make the best preserves, and for both preserves and jam, you must have the fruit stoned. As the jam requires much cooking, put a gill of cold water and a pound of sugar to every pound of stoned fruit. Put the fruit on to cook in the water first, and only add the sugar when the cherries are cooked quite tender. It will take about an hour after that; there can be no set rule for jam, as some cherries are more juicy than others, and you must cook to evaporate as much water as possible. Put a little on a plate; if it stiffens into red jelly, the jam is done.

#### PEACH JELLY.

Pare, stone, and slice the peaches; put them into a stone jar, and to each half-peck of peaches, allow one cup of water. Crack a dozen of the kernels, and throw them in with the peaches. Stand the jar in a kettle of boiling water, cover closely, and boil for one hour, stirring until the fruit is well broken, then turn into a flannel jelly-bag, and hang up to drip. To every pound of this juice, allow the juice of one lemon and one pound of granulated sugar.

#### APPLE JELLY.

Take any tart red apples, and quarter them to be sure of no wormy ones, but do not peel them. Nearly cover them with water, and boil all to pieces. Strain through a jelly-bag

without using much pressure, as it will not be clear if you get in much of the pulp. Allow three-fourths pound of sugar to one pound of juice, and boil twenty minutes. Jelly from crab-apples is made in the same way, the little apples making the nicest and clearest jelly.

#### ORANGE OR DATE JELLY.

One-half box of Cox's gelatine dissolved one hour in one pint of cold water, add one pint of boiling water, two cupfuls sugar and the juice and inside of one lemon. Have in a dish six oranges sliced and one-half pound dates, and over this pour the gelatine, lemon and sugar. To be made the day before using, and if it can be put upon ice until just before serving, is much nicer. If preferred, the dates can be left out and more oranges used. A very ornamental and delicious addition to either the dessert or tea-table.

#### QUINCE JELL.

Rev. W. W. Meech of New Jersey, who has had a long and practical experience in the quince culture, and to whom agriculturists are indebted for Meech's Prolific Quince, gives the following :

Wash and wipe dry; cut them into quarters, or even smaller; do not pare or seed; slowly cook them whole in water enough to cover; when all cooked to pieces, pour into a bag, and steam until the juice is all through; then add a pint of sugar to a pint of juice. This is my rule for all kinds of jell. Crab-apples and apples of all kinds make good jell made in this way. Apple parings make the nicest; if you want to change the flavor, add a little of any of the flavoring extracts to suit the taste. Most of our bought jell is made in this way. The secret of making jell is not to add the sugar until the last; then let it boil up, and it is done. It is so much easier, for when the sugar is in, it foams and boils over, unless



constantly watched. I put my jell up in glasses and bowls; cups will do. Cut the fruit paper to just fit over the jell. The outside papers, cut large enough to lap over the outside an inch or so; make a paste to stick it down, with a little flour wet up in cold water.

#### QUINCE MARMALADE.

is made by cooking the fruit soft, crushing to a pulp, and adding sugar to taste. Boil slowly, stirring constantly to prevent sticking or burning. One-third sweet apples may be added without more sugar, and still the flavor will be all-sufficient to suit many tastes.

#### CURRANT JELLY.

Press and strain the currants through a strainer bag; and to a pint of juice put a pound of sugar. Boil twenty minutes.

#### LEMON BUTTER.

Take the rind and juice of four lemons to one pound of sugar; two eggs; piece of butter the size of a walnut; stir it well together; set the saucepan in a boiler of boiling water, if you have no steamer; soon as it commences to boil, it is done.

#### LEMON JELLY.

One box of gelatine; one pint of cold water; grated rind of two lemons and the juice of four. Stir the mixture, and let it stand one hour. Add one pint of granulated sugar, and one quart of boiling water. Stir, strain and set away to cool. If the quantity is larger than needed, one-half the recipe may be made.

#### PLUM BUTTER.

Scald till they crack open; when cool, put through a colander; measure the plum thus prepared, to which add three-

fourths the quantity of sweetening. Season with any desired spice. Boil well three hours, and it will not require sealing.

#### PRESERVED MELONS.

Select well-ripened melons, cut in quarters, peel and remove the seeds. Then cut in strips about one-half an inch in width, cutting each into three or four pieces or in squares as preferred. Rinse, drain and put the fruit in a preserving kettle with sufficient cold water to cover, and let it cook slowly until clear. Half an hour ought to be sufficient; but it often takes longer. Drain and weigh the citron, and to each pound, allow a pound of sugar and one lemon. Put the sugar into the preserving kettle with one-half pint of water for each pound of sugar. Wash the lemons, cut in thin slices, removing all the seeds, and cut each slice into halves. When the syrup boils, skim if necessary, add the citron and lemon, and cook slowly until the citron is very clear and tender; from half to three-quarters of an hour should be long enough. Let it cool before putting into the jars. Glass fruit jars are best for the purpose. Half a pound of sugar to each pound of fruit makes an excellent preserve. Of course, in this case it should be put into the jars boiling hot like any canned fruit, and the recipe followed closely in every other respect.

#### PINEAPPLE SYRUP.

Cut five parts of peeled pineapple into thin slices; put them into a suitable vessel, pour on five parts of good white vinegar, five parts of water, and let the whole stand for several days at a moderate temperature. Next, make a syrup by heating thirty parts of sugar with thirty parts of water to boiling, skim, add the pineapple mixture, raise quickly to boiling (once or twice) and strain at once, without pressure, through clean flannel. Preserve the syrup in stone jugs or bottles in the cellar.

## A CHEAP AND GOOD SYRUP.

One pint water; two pounds brown sugar; boil twenty minutes; add one tablespoonful extract of vanilla.

## CLEAR SYRUP.

Take one pound of very brown sugar and one pound of white sugar, dissolve in one pint of boiling water, two tablespoonfuls corn-starch; let it come to a boil; if desired, the flavor can be improved by adding a teaspoonful of vanilla, lemon or other extracts.

## HOME-MADE MAPLE SYRUP.

To four pounds of maple sugar, or golden-clear brown sugar, one and one-half pints of boiling water, and boil exactly three minutes, any longer boiling will crystalize it; any less it may be thin and watery.

## LEMON SYRUP.

One pint strained lemon juice;  
Three pounds sugar;  
One pint water.

Mix lemon juice and water; add sugar; dissolve with a gentle heat, and strain while hot.

## TOMATO SYRUP.

Take firm, yellow tomatoes, not over ripe—if still a little green about the stem all the better. We prefer the plum or pear-shaped variety; because the flavor is more delicate. Scald, peel and cut and weigh them; to every pound allow a pound of white sugar. They can be cooked in a porcelain kettle or in a tin pan. Put a layer of tomatoes in the kettle and sprinkle a layer of sugar over them, until the fruit is all in; set the kettle on the stove, and let them boil moderately for three hours. When done, with a perforated ladle remove the

tomato pulp. If there is any objection to the seed, run the syrup through a fine sieve.

#### CRYSTALLIZED FRUIT.

Take a fine bunch of grapes or slices of orange; dip them in white of eggs beaten to stiff froth, then dip them into a cup of finely powdered sugar; lay the fruit on a pan with a sheet of letter-paper between; set it in cool oven till the icing becomes firm, and then put on a plate in a cold place.

#### PICKLED PEARS.

To eight pounds of fruit, add three and one-half pounds of sugar, one pint of vinegar and one pint of water. Dissolve the sugar in the vinegar and water; let it boil, and skim till clear; then put in the pears, and cook slowly till done; take them out and boil the liquid till quite thick, and pour over them. The pears should be pared, and a few cloves stuck in them.

#### SWEET PICKLED PEACHES.

Seven pounds peaches;  
Four pounds sugar;  
One pint vinegar;  
One-half ounce stick vinegar;  
One-half ounce stick cinnamon;  
One-quarter ounce whole cloves.

Boil the vinegar, sugar and spices first, until you think it is flavored enough; then put in the peaches, and cook until tender; put them in the jars while hot, and seal them up. Do not cook them too soft. Put two cloves in each peach.

#### SPICED PEACHES.

To ten pounds of peaches, put three pounds of sugar, one quart of vinegar. Boil the vinegar and sugar and clear it;

then pour it upon the peaches ; let them stand all night ; then the whole to be boiled together until the syrup is thick ; add spice to taste, cloves, allspice and cinnamon.

#### PICKLED BEANS.

Pick green beans of the best variety, when young and tender ; string and place in a kettle to boil, with salt and pepper to taste, until they can be pierced with a fork ; drain well through a colander ; put in a stone jar, sprinkle with cayenne pepper, and cover with strong vinegar. Sugar may be added if desired.

#### PICKALILY.

One peck of green tomatoes ; one cabbage ; eight onions ; chop all fine ; soak over night in weak brine ; drain off in the morning ; boil in a weak vinegar ; drain, then add two pounds of sugar, five small green peppers chopped fine, one-half cupful ground cinnamon, pouring on vinegar enough to make it juicy ; and cook all an hour, then can.

#### CHOW CHOW.

Take two large, perfect heads of cauliflower, divide them into small but shapely pieces so as to leave a little of the blossom unbroken on each tiny stalk ; one quart of cucumbers not over two inches in length ; one quart tiny onions ; half a dozen small green pepper pods ; half pint nasturtiums ; steep the vegetables for twenty-four hours in brine, first scalding the onions and leaving them in mere salt water by themselves ; next morning, mix all together, and let them drain in a colander for two hour ; if they are too salt to the taste, run a little hot water over them while still in the colander ; next, put them in a preserving kettle over the fire ; sprinkle through them one ounce tumeric, one scant tablespoonful cayenne pepper, two tablespoonfuls sugar, one-quarter pound of Coleman's mustard

mixed smooth with a teacupful of boiling water that has been allowed to become lukewarm ; add sufficient vinegar to cover the whole well, and simmer until the vegetables are tender, watching and lightly stirring them from time to time.

#### TOMATO SAUCE.

One-half cupful sugar ;  
Twenty-four large ripe tomatoes ;  
Twelve green peppers ;  
One pint vinegar ;  
One tablespoonful allspice ;  
One tablespoonful cinnamon ;  
One tablespoonful cloves ;  
One tablespoonful salt.

Boil four hours. Scald and chop the tomatoes, then the peppers, having both fine.

#### CHILI SAUCE.

One dozen good-sized tomatoes  
Two green peppers ;  
Two onions ;  
Two tablespoonfuls salt ;  
Three tablespoonfuls sugar ;  
One tablespoonful cinnamon ;  
Three cupfuls vinegar.

Boil together two hours.

#### CUCUMBER SAUCE.

Three dozen full-grown cucumbers, four small white onions ; chop them fine ; mix with this one-half pint salt, and put all in a sieve to drain twelve hours ; then add one cupful brown mustard seed, one-half cupful black pepper, and mix all well ; cover with vinegar, and tie up tightly, or bottle it.

## BORDEAUX SAUCE.

One gallon chopped cabbage;  
Six chopped onions;  
One-half ounce whole allspice;  
One-half ounce ground ginger;  
Three-fourths gill salt;  
One-half gallon vinegar;  
One-half gallon chopped green tomatoes;  
One-half ounce tumeric;  
One-half ounce whole cloves;  
One-quarter pound mustard seed;  
Three-quarters pound brown sugar.  
Boil all together an hour or so; will keep for months.

## PEPPER CABBAGE.

Chop two large heads of cabbage, and sprinkle salt on; stand away for one hour; then squeeze the water out; chop two dozen green peppers after taking out the seeds, and mix with one ounce of celery seed, one ounce mustard seed; cover with the best vinegar.

## PEPPER HASH.

Four heads cabbage;  
Twelve peppers, six red and six green;  
Six onions.  
Salt them over night; in the morning squeeze; then add:  
One-quarter pound celery seed;  
One-quarter pound mustard;  
Two tablespoonfuls cloves;  
One cupful sugar;  
One-half gallon good vinegar.  
Boil all together for ten minutes.

## COLD TOMATO CATSUP.

One peck ripe tomatoes ;  
Two roots grated horse-radish ;  
One teacupful salt ;  
One cupful white and brown mustard seed (mixed) ;  
Two tablespoonfuls black pepper ;  
One dozen sweet peppers ;  
Two tablespoonfuls celery seed ;  
One tablespoonful ground mace ;  
One tablespoonful ground cloves ;  
One tablespoonful ground cinnamon ;  
One teacupful brown sugar ;  
One cupful nasturtiums ;  
Two tablespoonfuls ground mustard ;  
One quart good vinegar.

Cut the tomatoes and peppers in very small pieces ; mix all the ingredients together cold. No cooking is required. This catsup will keep nicely until spring.

## TOMATO CATSUP.

One-half peck of tomatoes, cut fine ; one teacupful grated horse-radish root ; one-half teacupful salt ; one teacupful each sugar, black mustard seed, white mustard seed, and celery, cut fine ; one teaspoonful black pepper ; one red pepper, without the seeds ; one teaspoonful each cloves and mace ; two teaspoonfuls cinnamon, one quart good vinegar. Boil from two to three hours.

## CUCUMBER PICKLES.

Pick them every other morning, if you have a garden, leaving a little of the stem on each, as pickles keep better. When you pick large cucumbers for slicing, always leave a small slice of cucumbers on vine, so that vines do not lose their strength. Rinse in cold water ; but do not rub off the "pickers," place



at once in a large crock with first a layer of salt, and then sprinkle over every gallon of pickles a pint of coarse salt; cover with a cloth, board or plate, and a stone. Next time, take off these covers, wash them, add the fresh cucumbers with same proportion salt, and cover as above. If you wish to make more than one large jar or jars, you can fill jar and then put carefully in a hard wood cask and continue to fill jar, or you can commence with cask at first.

#### TOMATO PICKLE.

One peck ripe tomatoes ;  
Two quarts fine salt ;  
One-half pound ground mustard ;  
One ounce ground cloves ;  
Two or three green peppers ;  
Three or four raw onions ;  
One or two pounds brown sugar.

Pierce the fruit with a silver fork or broom straw ; lay the fruit and salt in layers in a stone jar for one week. Then take out the fruit, and throw away the brine that is made without water ; return to jar and cover with cold water ; let stand twenty-four hours, then put them to drain all night ; throw away the water they have soaked in ; return to jar, and add the above ingredients in layers, slicing the onions and peppers ; cover with cold vinegar. It will be ready for use in three weeks.

#### MADE MUSTARD.

Four tablespoonfuls Colman's mustard ;  
Two teaspoonfuls salt ;  
Two teaspoonfuls white sugar ;  
Two teaspoonfuls salad oil ;  
Vinegar to mix to a smooth paste.

Put the mustard in a bowl, and wet with the oil, rubbing it in with a spoon until it is all absorbed ; wet with vinegar to

a stiff paste; add the salt and sugar; work all together thoroughly, wetting little by little with the vinegar until you can beat it as you do cake batter; put in a wide-mouthed bottle, pour a little oil on top, cork the bottle tightly, and set away in a cool place; it will be mellow enough for use in a couple of days. It is much nicer than that which comes prepared, and very little trouble.

#### PICKLED ONIONS.

Choose small butter onions same size; peel, and pour over them a strong, boiling hot brine; cover closely; next day, drain and wipe dry, and put into cold vinegar, with whole pepper, blades of mace and sliced horse-radish; keep them covered with vinegar; close the jar tightly, and set in a cool, dry place.

#### MRS. RORER'S BECHAMEL SAUCE.

One tablespoonful butter;  
One gill of stock;  
Two dashes of pepper;  
One tablespoonful flour.  
One gill of cream;  
One yolk of egg;  
One-half teaspoonful salt.

Melt the butter without browning, then add the flour, and mix until smooth; add the stock and cream; stir continually until it boils; take from the fire; add the salt, pepper and the yolk of the egg well beaten. This sauce is especially nice for sweetbreads, chickens, cutlets and baked or broiled fish.

## CHILDREN'S CORNER.



### CANDY.

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#### TAFFY.

One-half pint water ;  
Three ounces butter ;  
One-half teaspoonful lemon juice ;  
Two teaspoonfuls vanilla ;  
One and one-half pounds sugar (confectioners' A).

Stir the water and sugar over the fire, until the sugar is dissolved ; then boil until it arrives at the ball stage, that is,

when a small quantity is cooled in water and rolled between the thumb and finger it forms a soft ball. Now, add the butter and lemon-juice, and boil to the "crack," that is, it hardens quickly when dropped into cold water, and will not stick to the teeth. Add the vanilla, and turn out in shallow pans to cool.

#### SUGAR TAFFY.

Two pounds brown sugar (light yellow);

One-half pound butter;

One cup vinegar (weakened with water).

Make on hot fire, and stir while boiling; drop a little in ice-water, and when it crystallizes take off and pour into buttered pans, and set in the cold.

#### NUT TAFFY.

Take two pints of maple sugar, one-half pint water, or just enough to dissolve the sugar, boil until it becomes brittle by dropping into cold water. Just before pouring out, add one tablespoonful of vinegar. Having prepared the hickory-nut meats in halves, butter baking tins well, line with the meats, and pour the taffy over them.

#### BUTTER TAFFY.

Two cups sugar;

One-half cupful vinegar;

One-half cupful butter;

Three tablespoonfuls molasses.

Boil slowly without stirring. Makes two pans.

#### FRENCH CANDY.

The whites of two eggs placed in a tumbler. Measure with your finger how high it comes up in the glass; pour out in a large bowl; pour in the tumbler as much water as will

equal the amount of the eggs; mix it with them, and beat very well; add a dessertspoonful of vanilla, and about two pounds of confectioners' sugar, if you can get it (it has the appearance of flour), or powdered sugar, well sifted. Beat well, and the foundation of all your candy is ready. Take one-half pound dates, remove the stones, put in a piece of the candy dough, roll each one in granulated sugar. Split one-half pound figs, and place a layer of the dough on a board, sprinkle well with powdered sugar to prevent its adhering, and then a layer of figs, again a layer of dough, cut in small squares, and that kind is ready. Nuts of any kind may be made up into the candy; put almonds inside and roll in course sugar. Set each kind out in a cool place to harden. For chocolate creams, roll any number of balls from the dough, and when they are hardened, dip with a fork into chocolate on the stove. Be careful not to allow it to boil. Use Baker's chocolate. Chocolate can be made by rolling out another portion of the dough upon the board, sprinkle cocoanut over it, and roll a few times with the roller; then cut in squares. A mixture of cocoanut and particles of nuts chopped fine makes a very delicious candy. The English walnut makes a handsome addition, if you are to give boxes of this candy as presents to friends. Split the walnuts, shape some of the dough into round, flat balls, and place a half on each side, press firmly. This candy is now being made in society circles a good deal, as there is no cooking to be done, and is very easy and clean work. A dollar's worth of all the ingredients together will make many pounds of candy.

#### ICE CREAM CANDY.

Two cupfuls sugar;

One cupful water;

One-half cupful vinegar.

Boil, without stirring, twenty minutes; flavor, and pull white.

## CREAM CHOCOLATES.

Beat stiffly the white of one egg with a tablespoonful of water, adding gradually one pound of confectioners' sugar. Flavor with vanilla; knead the mass to the consistency of dough; mold into small balls, or into any form desired. Melt chocolate; dip the balls into it one by one, and lay on a buttered paper until quite cold.

## CREAM WALNUTS.

Mix the cream as above, and mold into blocks slightly flattened. Take kernels of English walnuts, pressing one in each side of the cream block, and lay aside to dry. In cracking the walnuts, care should be taken to strike them on the end; the kernel can then be removed more easily without breaking.

Cream dates, figs or raisins may be made in the same way.

## MINT AND VANILLA DROPS.

Mix the sugar, water and egg as before, only using less sugar, so the mixture will pour. Add peppermint or vanilla extract, and drop on a buttered paper.

## ALMOND CREAMS.

Dip the almonds in the white of an egg that is unbeaten. Mold the cream in flat blocks, press the almonds into it, and roll into any form, covering the almond.

## MARSHMALLOWS.

Dissolve one-quarter pound gum Arabic in half-pint warm water; strain, and add one-quarter pound of sugar; place over the fire, and stir constantly, until dissolved and of a smooth consistency; add slowly whites of two eggs, well beaten, and boil slowly for thirty minutes; stir the mixture until somewhat

thin, and does not adhere to the spoon; pour all of it into a pan, dusted with corn-starch and sugar; when cold, divide into squares, flavoring to taste.

#### NICE WHITE CANDY.

One quart granulated sugar;

One pint water;

Two tablespoonfuls vinegar.

Boil like molasses candy, but do not stir. You can tell when it is done by trying it in cold water. Pull it as if it were molasses candy; have a dish near by with some vanilla in it, and work in enough to flavor as you pull it; put it in a cold room, and the next day it will be found very delicious.

#### BUTTER SCOTCH.

Two cupfuls sugar;

Two tablespoonfuls water;

Butter, size of an egg.

Boil without stirring until it hardens on the spoon; pour on buttered plates to cool.

#### LEMON DROPS.

Upon half a pound of finely-powdered sugar, pour just enough lemon-juice to dissolve it, and boil it until it is like a thick syrup; drop this on plates, and put in a cool place to harden.

#### SUGAR CANDIES.

Six cupfuls sugar;

One cupful vinegar;

One-half cupful water;

One spoonful butter;

One teaspoonful soda, dissolved in hot water.

Boil all together without stirring for half an hour; flavor with lemon or vanilla. This may be pulled like molasses candy, or cooled on a buttered plate.

## VANILLA CARAMELS.

Two cupfuls granulated sugar ;  
Two-thirds cupful sweet milk, filled up with  
butter (not melted) ;  
One teaspoonful vanilla.

Stir till it begins to boil, and not again ; cook about twenty-five minutes, or until it turns a light brown ; pour out on buttered tins, and when partly cooled mark off in squares with sharp knife.

## CHOCOLATE CARAMELS.

One and one-half cupfuls grated chocolate ;  
Four cupfuls brown sugar ;  
One and one-half cupfuls cold water ;  
Butter, size of an egg ;  
One tablespoonful sharp vinegar.

Flavor with two tablespoonfuls vanilla just before removing from the fire ; do not stir, but shake the vessel gently while cooking ; boil on the top of the stove over a brisk fire until it becomes brittle when tried in water ; pour in a well-buttered and flavored dripping-pan, and check off in squares while soft.

## COCOANUT CANDY.

Two cupfuls sugar, with one-half cupful sweet cream boiled just five minutes ; then beat, and during the beating add the grated cocoanut, as much as liked, and mold in a square pan which has been greased with butter ; cut in squares or strips.

## PLAIN CANDY.

One cupful sugar ;  
One cupful molasses ;  
Two tablespoonfuls vinegar ;  
Two tablespoonfuls butter.

Cook ten minutes ; just before it is done, add soda size of pea, and a little essence of lemon.



## MOLASSES CANDY.

One cupful New Orleans molasses ;  
One tablespoonful vinegar ;  
One cupful brown sugar ;  
One ounce melted butter.

Mix all together, and boil without stirring until it hardens when dropped in cold water ; then add a teaspoonful baking soda, and pour into buttered tins. Or, when cool, pull and cut into sticks. While pulling, brush the hands with butter, or moisten them with ice water.

## WALNUT MOLASSES CANDY.

Make a plain molasses candy, and, when done, grease deep, square pans with butter ; fill nearly full with walnut kernels, pour the molasses candy over them, and stand away to cool.

## PEANUT MOLASSES CANDY.

Made precisely the same as walnut molasses candy.

(*Mrs. Rorer.*)

## SHELLBARK CANDY.

One pound soft, white sugar ;  
Four tablespoonfuls vinegar ;  
Small quantity of water ;  
Lump of butter, size of walnut.

Put on the back of the stove to boil for twenty minutes ; do not touch with a spoon ; pour into buttered pans, and sprinkle the kernels of the nuts in the candy.

## NUT CANDY.

Two cupfuls sugar ;  
One cupful water and vinegar.

Boil until done ; just before taking off, put in nut-meats.

# MISCELLANEOUS.

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## MEASURING AND WEIGHING.

Ten common-sized eggs weigh one pound.

Soft butter the size of an egg weighs one ounce.

One pint of coffee A sugar weighs twelve ounces.

One quart of sifted flour (well heaped) one pound.

One pint of best brown sugar weighs one ounce.

Two teacupfuls (well heaped) of coffee A sugar weigh one pound.

Two teacupfuls (level) of granulated sugar weigh one pound.

Two teacupfuls of soft butter (well packed) weigh one pound.

One and one-third pints of powdered sugar weigh one pound.

Two tablespoonfuls of powdered sugar or flour weigh one ounce.

One tablespoonful (well rounded) of soft butter weighs one ounce.

One pint (heaped) of granulated sugar weighs fourteen ounces.

Four teaspoonfuls are equal to one tablespoonful.

Two and one-half teacupfuls (level) of the best brown sugar weigh one pound.

Two and three-quarter teacupfuls (level) of powdered sugar weigh one pound.

One tablespoonful (well heaped) of granulated coffee A, or best brown sugar, equals one ounce.

Miss Parloa says one generous pint of liquid, or one pint of finely chopped-meat packed solidly, weighs one pound, which it would be very convenient to remember.

Teaspoons vary in size, and the new ones hold about twice as much as an old-fashioned spoon of thirty years ago. A medium-sized teaspoon contains about a dram.

#### TO PREVENT JARS FROM CRACKING.

Put a silver dessert spoon or tablespoon in the jar, and let it remain while you are putting your hot preserves in. There is no need of heating the jars.

#### TO CEMENT CHINA.

Use shellac dissolved in alcohol. Heat the pieces hot, and put the varnish on the broken edges, press tightly together, and set away for a few days, when it will be very solid, and if carefully done will break in another place before it will come apart.

#### TO CLARIFY FAT.

Put a sliced raw potato to every quart of fat; let it cook to a crisp; take out potato, let settle, then pour off the clear fat.

SILVER spoons that have become discolored in contact with cooked eggs may be easily brightened by rubbing with common salt. A lump of gum-camphor in the closet where silver or plated-ware is kept will do much toward preventing tarnish. Coal gas, and the near presence of rubber in any form, are two things that cause silver to tarnish quickly. The rubber ring around the neck of a fruit-jar will tarnish a closet full of silver in the space of one night; while a silver spoon left for an hour in the mouth of such a jar, will be found possessed of truly rainbow tints next day.

## TO REMOVE STAINS FROM TABLE LINEN.

Place the table-cloths and napkins in a small tub on the morning of washing day, and pour boiling hot rain water over them. This usually removes coffee and fruit stains; if any remain, dip them in oxalic acid (deadly poison) and water, being careful not to have it too strong, or it will eat the cloth. This also removes iron rust.

## KITCHEN WRINKLES.

[These hints are known to be good from experience]. .

Be economical.

Clean castor bottles with shot.

Wash the hair in cold sage tea.

To brighten and clean old alpaca, wash in coffee.

To remove ink-stains, soak in sour milk over night.

To brighten carpets, sprinkle with salt before sweeping.

Mix stove polish with vinegar and a teaspoonful of sugar.

To polish a stove, rub with a newspaper instead of a brush.

When cooking beans, add one-half teaspoonful of saleratus.

To remove tea-stains from cups and saucers, scour with ashes.

For burns, apply flour wet with cold water, as it quickly gives relief.

When sponge cake becomes dry, it is nice to cut in thin slices, and toast.

If the oven is too hot when baking, place a small dish of cold water in it.

To remove mildew, soak in buttermilk, and spread on grass in the sun.

If nutmegs are good, when pricked with a pin, oil will instantly ooze out.

To clean furniture that is not varnished, rub with a cloth wet with kerosene.

To prevent mustard plasters from blistering, mix with the white of an egg.

To prevent flat-irons from scorching, wipe them on a cloth wet with kerosene.

To brighten or clean silver or nickle-plated ware, rub with a woolen cloth and flour.

Water in which borax is dissolved is good for the hair, and also to whiten the face and hands.

When there is a crack in the stove, it can be mended by mixing ashes and salt with water.

To make paper stick to a wall that has been whitewashed, wash in vinegar or salaratus water.

When clothes are scorched, remove the stain by placing the garment where the sun can shine on it.

Starched shirts will iron easier, if you let them dry after starching, so you will have to sprinkle them before ironing.

The wings of turkeys, geese and chickens are good to wash and clean windows, as they have no dust or lint as cloth.

To brighten the inside of a coffee or tea-pot, fill with water, add a small piece of soap, and let it boil about forty-five minutes.

To remove grease from wall paper, lay several folds of blotting paper on the spot, and hold a hot iron near it until the grease is absorbed.

To exterminate bed-bugs, dissolve alum in water, and apply to the bedstead with a feather. Be careful not to touch the paint or varnish.

*(Housekeeper).*

#### TO REMOVE DIRT AND STAINS FROM MARBLE.

A solution of gum Arabic will remove dirt and stains from marble. Let it remain till it dries, when it will peel off or can be washed off.

## TO REMOVE INK STAINS.

Ink stains in cotton or linen can often be removed by washing in salt and water; while wet, they can be taken out with vinegar or milk without injury to color or fabric; but either of these methods must be employed before the fabric is washed with soap, or even wet with water.

## FOR CLEANING PAINT.

It is injurious in cleaning paint to wash it frequently with soap or other alkaline matter, and when alkalis are used, care should be taken to rinse the work well with clean water.

A much better way is to rub the surface with a rag covered with Gilder's whiting, moistened with warm water, rinsing well afterwards.

This will be found to remove dirt and grease at once without injury to the surface.

## TO CLEAN LOOKING-GLASS.

First, remove with a damp sponge, fly stains and other soils (the sponge may be dampened with water). After this, dust the surface with the finest sifted whiting or powder-blue, and polish it with a silk handkerchief or soft cloth. Snuff of candle, if quite free from grease, is an excellent polish for a looking-glass. Second, remove all fly-stains and dirt by breathing hard on them, and rubbing them with a soft rag, then tie up some powder-blue in a piece of flannel, and with this carefully polish the whole surface.

A FEW drops of ammonia in hard water will not only soften it, but will remove dirt better than soap. It is always a good article to use when bathing the person, and the water in which it is diluted makes an excellent stimulant to house and other plants.

## KALSOMINE.

A good kalsomine may be made as follows ;

Paris white, fifteen pounds ;

Good white glue, one-half pound ;

Powdered Castile soap, one-quarter pound ;

Ultramarine blue, small quantity.

Dissolve the glue thoroughly in warm water, and mix it with the Paris white ; stir in the soap, and thin to proper consistency with cold water ; stir until perfectly smooth and free from lumps.

## FURNITURE POLISH.

Three ounces of raw linseed oil ;

One ounce spirits of turpentine ;

One dessertspoonful of best vinegar.

OIL FOR FLOORS is made by mixing four quarts raw linseed oil ; two quarts spirits of turpentine, and one pint of best coach Japan.

## REFLECTION FROM LAMPS.

Never set the lamp on a red table cover ; if you cannot find time to make a green lamp-mat, put a piece of green cardboard under the lamp, and you will find the reflection upon your work much more agreeable to the eyes than that from the red cover.

PUT a small piece of charcoal in the pot when boiling cabbage, to prevent it smelling.

## STARCHING.

Allow a teaspoonful of good starch to each shirt and collar. Use just enough cold water to wet the starch, mash it free from lumps, add a little more, and stir it well ; add for

each shirt a little sperm or white wax as large as a pea, and a quarter of a spoonful of salt to three spoonfuls of starch; pour on boiling water, stirring slowly all the time; boil hard for fifteen minutes without scorching; skim and strain while hot. This can be done only by dipping the strainer in cold water, while the starch is in the bag, and squeezing it immediately before it becomes hot.

Wet bosoms and collars in hot water, wring very dry, and starch while damp; rub the starch well in, and wring in a dry towel, and remove all starch left on the outside; spread out evenly, rub down with a dry cloth, and roll tightly together; let it lie two or three hours, and then iron, and you will have a gloss on your shirts and collars, equal in appearance, and perhaps better in quality, than if it had been done at a Chinese laundry.

#### KITCHEN AND COOKING HELPS.

Wash tub,	Wringer,
Wash board,	Clothes line,
Clothes pins,	Clothes props,
Clothes horse,	Ironing board,
Step ladder,	Kitchen table,
Coffee mill,	Potato masher,
Pie board,	Radish grater,
Slaw cutter,	Meat board,
Flour bucket,	Water bucket,
Soap cup,	Wooden spoon,
Ash sieve,	Tea kettle,
Round iron boiler, lined,	Coal scuttle,
Oval iron boiler, lined,	Roasting Pan,
Round sauce-pan,	Griddle,
Frying pan,	Bread pan.
Waffle Iron,	Tin coffee-pot,
Tin tea-pot,	Tea strainer,



Coffee strainer,	Scoop,
Ladle,	Skimmer,
Spice box,	Japanese tray,
Coffee canister,	Tea canister,
Crumb brush and tray,	Bread box,
Dust pan,	Dust brush,
Market basket,	Pudding pan,
Cake cutter,	Wash boiler,
Tin kettle,	Dish pan,
Flour sieve,	Flour dredge,
Pepper box,	Iron fork,
Iron spoon,	Scrub brush,
Set skewers,	Chain dish-cloth,
Egg whip,	Nutmeg grater,
Apple corer,	Butter kettle,
Gem pan,	Colander,
Broiler,	Toaster,
Tin cup,	Pie plates,
Basin,	Paring knife,
Flat irons,	Rolling Pin,
Hatchet,	Mincing knife,
Tack claw,	Ice pick,
Knives and forks,	Can opener,
Flat iron stand,	Butcher knife,

Bosom board.

#### A FEW PLAIN TRUTHS.

In warm weather, refrigerator closets should be washed with soda and cold water once or twice a week.

Pails and all vessels used in chambers should be rinsed thoroughly in cold water ; never in hot or lukewarm.

If one quart of milk is set in a cool place for twenty-four hours, it will yield enough cream, well whipped with a Dover egg-beater, to furnish ten cups strong coffee.

Pulverized borax, sprinkled on shelves and in corners of store-closets, is a safeguard from ants. If pulverized borax is mixed with Persian powder, the powder will be more effective.

Cold water, and plenty of it, properly applied, with a fair amount of soap or pearline, is the best thing to clean a kitchen floor. The regulation "boiler suds" is apt to make a kitchen floor greasy.

Feather beds and pillows would be very much freshened and lightened if left out in a drenching rain every spring; they should then be exposed to the sun and air on every side until perfectly dry.

Oil-cloths should never be washed in hot soapsuds; they should first be washed clean with cold water, then rubbed dry with cloth wet in milk. The same treatment applies to a stone or slate hearth.

To preserve goods from moths, do not use camphor in any form. Pieces of tar paper laid in fur boxes and in the closets are a better protection. Five cents will buy enough to equip all the packing boxes and closets of a large house for a year.

Ginghams and prints will keep their color better, if washed in water thickened with flour starch. Flour is very cleansing, and will do the work of soap in one or two washings in the starch water. This, with the rinsing, will be sufficient, and goods will look fresher than if washed and starched in the old-fashioned way.

#### HINTS AND HELPS.

The tiny red ants, which are such a nuisance in many pantries, may be easily driven away if kerosene is used. Those who have been troubled by them know that they always come in lines, coming through some crevice in the wall or floor, and following one after the other in regular order until they reach the shelf above. If kerosene is turned the entire length

of the line, also on the place where they come in, the floor, etc., they will soon depart. You may need to repeat this a few times, but it is an easy and effectual method of getting rid of them. Leave the doors and windows open awhile, and the scent of kerosene will soon be gone.

If your flat-irons trouble you by dropping black specks from the top or sides when ironing, take them in a pan of soap-suds and give them a thorough washing, and dry quickly to prevent rusting.

Paper bags, in which many articles are sent from the grocery stores, should be saved for use when blacking a stove. You can slip the hand into one of these and handle the brush just as well, and the hand will not be soiled at all, and when through with them they can be dropped into the fire, being much preferable to the cloth bag or mitten, which requires frequent washing.

To make lamp chimneys look beautifully clean, wash them in warm soap-suds, turn scalding water over them, wipe dry with a soft cloth, and rub with a piece of newspaper. This will give a nicer polish than can be obtained any other way. Windows treated in the same way will be found to look much nicer than if simply washed and rinsed.

#### LOOSENING GROUND GLASS STOPPLES.

Sometimes ground glass stopples of bottles become from one cause or another fixed in the neck, and cannot be removed by pulling or twisting. An effectual method is to wrap a rag wet with hot water around the neck, and let it remain a few seconds. The heat will expand the neck of the bottle, when the stopple can be removed before the heat penetrates the stopple itself. Or wind a string once or twice around the neck, and, holding the bottle between the knees, pull alternately on one end and the other end, thus creating friction, and consequently heat.

## HOW TO KEEP THE HANDS SOFT.

A little ammonia or borax in the water you wash your hands with, and that water just lukewarm, will keep the skin clean and soft. A little oatmeal mixed with the water will whiten the hands. Many people use glycerine on their hands when they go to bed, wearing gloves to keep the bedding clean; glycerine makes some skins harsh and red. These people should rub their hands with dry oatmeal and wear gloves in bed. The best preparation for the hands at night is white of egg, with a grain of alum dissolved in it. "Roman toilet paste" is merely white of egg, barley-flour and honey. They say it was used by Romans in olden time. Anyway, it is a first-rate thing. But it is a mean, sticky sort of stuff to use, and does not do the work any better than oatmeal. The roughest and hardest hands can be made soft and white in a month's time, by doctoring them a little at bed-time. All the tools you need are a nail brush, a bottle of ammonia, a box of powdered borax, and a little fine, white sand to rub stains off, or a cut of lemon, which will do even better; for the acid of the lemon will clean anything. Manicures use acids in the shop, but the lemon is just as good, and is not poisonous, while acids are.

Put a little black pepper in some cotton, dip in sweet oil and insert in the ear. This is one of the quickest remedies known for earache.

CURE for frozen feet: Equal parts of glycerine and tannin, rubbed in for three nights in succession, and heated before the fire.

For a cold in the head, nothing is better than to wear a wet handkerchief between the eyebrows on the bridge of the nose for an hour or two. It stops the snuffles at once.

For sore throat, wear a wet cloth, with a dry flannel and neatly folded kerchief over it. When going out, anoint the throat with vaseline or sweet-oil, and wear the kerchief over it.

STINGS may be healed by wet baking soda, diluted ammonia, or a plaster of earth on the wound.

#### BUTTER MAKING.

The best butter makers of the day stop the churn when the butter is in the "granular" form, *i. e.*, in small granules or grains, none of them larger than a grain of wheat. In this stage, the buttermilk is drawn out of the churn, and cold water turned in to wash the buttermilk out of the butter. This is then drawn off and the process repeated until the water comes away clear. A brine is then made and poured into the churn, and the dash is turned enough to bring the brine in contact with the small particles of butter. The butter is then removed from the churn and only worked enough to remove the surplus brine and shape the butter into rolls or prints for packing. In this way, the grain is not injured, and the good qualities of the butter are preserved in all their integrity, constituting what is known as "gilt edge" butter. Of course, all steps in the process are taken with due regard to what is required to secure the desired product, proper temperature, proper cleanliness, and proper deliberation and accuracy in everything.

#### PASTE THAT WILL KEEP.

Dissolve a teaspoonful of alum in a quart of water. When cold, stir in flour to give the consistency of thick cream, being particular to beat up all the lumps. Stir in as much powdered rosin as will lie on a dime, and throw in half a dozen cloves, to give it a pleasant odor. Have on the fire a teacupful of boiling water; pour the flour mixture into it, stirring well all the time. In a few minutes, it will be of the consistency of

treacle. Pour it into an earthen vessel, let it cool, lay a cover on, and put in cool place. When needed for use, take out a portion and soften it with warm water.

### THE "A. B. C."

Into two quarts of water put a generous handful of hops; boil down to one quart; strain; add one pint of New Orleans molasses; boil again to one quart. When cool, bottle and label. Take at pleasure. This is a good mixture for coughs and colds.

### SEVEN POINTS IN MANAGING MILK.

1. To make finest-flavored and longest keeping butter, the cream must undergo a ripening process by exposure to the oxygen of the air while it is rising. The ripening is very tardy when the temperature is low.

2. After cream becomes sour, the more ripening the more it depreciates. The sooner it is then skimmed and churned the better; but it should not be churned while too new. The best time for skimming and churning is just before acidity becomes apparent.

3. Cream makes better butter to rise in cold air than to rise in cold water, and the milk will keep sweet longer.

4. The deeper milk is set, the less airing the cream gets while rising.

5. The depth of setting should vary with the temperature; the lower it is the deeper milk may be set; the higher, the shallower it should be.

6. While milk is standing for cream to rise, the purity of the cream, and consequently the fine flavor and keeping of the butter, will be injured if the surface of the cream is exposed to air much warmer than the cream.

7. When cream is colder than the surrounding air, it takes up moisture and impurities from the air. When the air is

colder than the cream, it takes up moisture and whatever escapes from the cream. In the former case, the cream purifies the surrounding air; in the latter case, the air helps to purify the cream. The selection of a creamer should hinge on what is most desired—highest quality, or greatest convenience and economy in time, space and labor.

#### FOR CURING HAMS.

To every gallon of water, half a pound of clear, brown sugar; one and one-half pounds alum; salt, and one-half ounce saltpetre; rub the flesh side of the hams all over with salt, and let them lie singly on a bench for twenty-four hours before packing and pouring over the pickle. Let the pickle stand in the meantime until all these ingredients are dissolved, stirring occasionally and skimming it well before pouring over the hams. A weight will be necessary to keep the meat down, and there must be enough pickle entirely to cover the hams.

How to have a good, hot Sunday dinner without staying home to cook it: Have a Braise pan or an iron pot with an iron lid. Buy a piece of beef, mutton or pork; the part of beef called brisket is good and cheap. Have boiling water to start it with; lay the meat in the pot, add salt and a quart or more of water according to the size of the meat. Put on the lid, and set it all in the oven. Of course, it is supposed every housekeeper knows how to fix her fire and dampers in the stove. The potatoes, turnips, or other vegetables can be prepared the night before. Also hominy cooked on Saturday and left in the Agate double boiler (which every one ought to have) is soon re-heated and good as ever.

These suggestions are particularly applicable where the husband is away from home all the week and thinks he should have a hot dinner on Sunday. The pot should be covered very tight while in the oven. The meat browns nicely, and is tender, juicy, and good flavored, even though a cheap part.

## MARKETING.

[A Demonstration Lecture by MRS. RORER (1525 Chestnut St.), reported especially for *The National Baptist*.]

We have here on the table a very nice side of beef, and will begin to cut just as they do in the Philadelphia markets. This is the forequarter. Many people imagine that here is no good nor tender meat. We will see.

And first, we will cut off the shin. It is smaller than the leg, and has always a bare piece of bone on one side. Requires but one-fourth as much water for boiling the leg.

The bolar, or fleshy part of the bone, comes next. It is almost solid meat; is twelve cents a pound, and makes a most delicious soup.

Next, the shoulder, which makes very nice mince-meat.

Then, the sticking piece. This is full of nutriment from coagulation of the blood; is richer and has more of the juices of the meat than most any other part of the animal.

The middle cut of the ribs is always desired. Yet, since there are but eight ribs in all, it may be seen how impossible it is for every one to get just that one roast. Good meat is dark when first cut; but, exposed to the air, grows lighter in color. The lean part should be mottled with fat.

The standing ribs come from the forequarters.

The first chuck is a very nice roast, indeed, and you would really not know from the taste that it was not a standing rib. Yet it is only twelve cents a pound, while the rib costs twenty. The top taken off the rib gives just as much nourishment; but, being less in demand, is sold for half the price. You could fill a piece of this beef, and make a roast that would be perfectly delicious.

Now, we will separate the ribs. The ribs must again be topped, and we must therefore pay more in proportion for this waste. The top of standing ribs is sold for soup. Everybody wants a standing rib; yet, as there are but six ribs, *i. e.*, thirty



pounds on an average, how can the whole population of Philadelphia have each a standing rib?

This whole side of beef weighs 371 pounds.

Now for a roast:

First, let us cut off a standing rib. The middle cut is often as tender as tenderloin. The first cut is next to the first chuck.

A very large family would do well to buy the second chuck. The blade in this is a little longer than in the first; it is ten cents a pound; is just as good, just as nutritious.

The standing ribs are 12, 14 and 20 cents a pound. The chucks, round, and all such pieces as are called inferior, must be sold below the real value; and those pieces which are in demand are sold for more to compensate for the loss.

The porter-house steak is the small end of the sirloin where it runs on to the standing rib.

Here is the hind-quarter. This one weighs 175 pounds. We will take off the flank, which contains the skirt steak. This is very nice for rolls and for soup. Prepare with a stuffing as for poultry. Always cut across the grain. It is more tender than the round, which is full of muscles. When rolled and stuffed, it looks just like a filet.

Suet comes from the sirloin, and contains more sperm than the soft fat, hardening, therefore, more quickly. When rendered in water, it becomes at once as hard as tallow. If you render for frying, take suet.

Note the difference between a shin and a leg. The leg is from the hind-quarter, the shin is from the fore-quarter. Here is a leg. It requires fully five quarts of water for cooking, while the shin requires but four. As it simmers slowly, the water slowly evaporates. Continue the simmering process with the *shin* till the water is reduced down to two quarts and one pint; with the *leg*, down to four quarts.

Now, let us take off the round. The custom is always to place this part of the animal in a certain position on the table;

as you see, the upper part of the round is separated by a muscle from the lower, and most of it is quite tender. The lower, on the contrary, is full of muscles. The upper part is twenty cents per pound; the lower, sixteen. None of the lower part can properly be broiled; but it makes very nice soups; and all of it is excellent for beef *a la mode*. As one part requires more boiling than the other to be tender, and as too much boiling deprives the meat of much of its juices, it is advisable to divide the meat and cook the two parts separately. Any part of the round may be used for the home-made dried beef, a recipe for which is given in my book.

Here is the veiny piece which come from the back of the round. It is very pretty. It makes a nice soup, and is very nice for any dish that requires water; but it is not good for roasting.

This is what you will all recognize as the first cut of the sirloin. You are probably also familiar with this very objectionable piece that falls over, which, however, is good for soup and stew.

The kidney is next to the sirloin; and the tenderloin, of course, is inside the sirloin.

Now, let us take out the kidney. Every one of these little tubes must be positively taken out, or it is unfit to eat. And this is the duty of the cook. Let kidney simmer; boiling always makes it tough.

In this side of the beef is twenty-seven and one-half pounds of sirloin, and thirty pounds of standing rib. We will here take out the filet, and show you exactly where it comes from, right under the loin, next the kidney. It must be sold for seventy-five cents a pound.

The whole tenderloin in this side of the beef is five and one-fourth pounds. It is often sold by the caterers for the filet. The tough part is good for nothing to broil; but it makes a very nice Hamburg steak.

Here is the pin-bone, which makes a very nice roast. Here is meat both tender and tough. The tender part is preferable to a standing rib, and is sold at from twelve to sixteen cents a pound.

Notice the great difference in appearance of these two steaks: the round and the rump. A part of the rump steak is very nice broiled; while the other part can be made into Hamburg steaks.

The New Yorkers get their porter-house steaks from the small end of the sirloin; the Philadelphians, from the small rib.

Chicago dressed meat is nine or ten cents a pound, but it certainly is better than meat freshly dressed and put at once on the stalls. The long chilling of meat in summer-time is an advantage; and, to me, meat dressed a short time before being used is always better. Fresh meat is tough.

Put meat of all kinds in a very hot oven at first; and, as soon as the fat begins to melt, keep basting it. Always carve across the grain, just as you would your standing ribs.

The middle cut back of the rump steak is very good.

Skirt-steak sells at fourteen cents per pound. By splitting it, it makes a very nice steak, but it is better rolled and stuffed.

#### VEAL.

Very young veal is almost colorless. The bones of veal too young to eat are very small and not very hard. Veal fit to eat must have a little color.

Here is veal which we will cut in two; then quarter. There are eight ribs in the fore-quarter, five in the hind-quarter.

Next, we cut the shoulder. The muscles are so arranged that very little cutting is needed.

Now, we will take off the breast. It sells for ten or twelve cents, and makes a very nice stewing piece. There is here a little muscle which can be so cut to form a little pocket, which

may be stuffed and made into a nice little brase. Put the stew in a large saucepan, cover it with a little water in the oven, and you have what is known as brasing—a nice way to cook veal.

Now, we have the rack. It makes a very nice soup, or brase as well. Here is a great deal of good meat.

Now, we will take off the leg from, as you see, the same long piece. Cutlets come from the leg. All veal is tender; and, if you do not take with your cutlets this long piece attached to them, you must pay more in proportion for this waste. It is difficult at this time of the year to get nice veal.

Here is the loin, which corresponds with the loin of beef. It is a nice roasting piece, the rib end of the loin being best for that purpose.

The shoulder is one of the nicest pieces in the whole veal, and is especially nice for roasting.

We have here a sheep and a lamb. The mutton will first be quartered. We will take out the shoulder. This can be cut in the form of a duck by allowing the blade to remain in the shoulder, breaking it and bending back. It makes a very attractive dish when thus cooked and prettily garnished. The *lean* meat from a *fat* mutton is always tender. Never buy a leg of mutton weighing less than nine pounds. If you buy a heavy mutton, and have the fat taken off, you need not waste, for you can try out the mutton. I do not mean it should be cut up into the loins, as is sometimes done, to increase the weight. This meat is dryer than beef. The fat of mutton should be perfectly white, and different from that of beef, which should be of a yellowish tinge. This piece of mutton weighs nine and one-half pounds, and is worth fourteen cents.

Here are loin chops, just as sweet as French chops; both sixteen cents a pound.

If you have a leg of mutton which you wish to keep, cover with vinegar and a mixture of spices, as cloves, mace, a little pepper, no salt. It will then taste much like venison.

To distinguish the liver of a calf from that of a sheep, notice this lobe attached to the calf's liver. You do not find it in the sheep.

Sweetbreads come from the neck of the calf and from the heart.

Here is a chicken. Just such a chicken as you all should purchase. If the scales were heavy and the feet coarse, it would not be a good one.

And here is a turkey. It is a good turkey, though quite unlike the chicken. The meat looks blue through the skin, the breast is broad, the neck is short (for a turkey), the legs black, and the skin smooth. This is all right.

Here is something that puzzles nearly every one—this larding pork. The only part of pork that lards nicely is that part next the skin. Larding pork should be solid fat. Bacon is not fit for larding.

#### ABOUT EGGS.

Why does an egg shake? Because it is old. There is at the end of every egg a little space which contains air. This air gradually escapes the shell, leaving the space empty. Then when the egg is lifted, the yolk shakes, and this shaking indicates that the egg is at least one or two weeks old. The color of the yolk of an egg corresponds to the color of the shell, the dark eggs being richer.

The meat and poultry used on this occasion are perfect of their kind, and have been kindly furnished by Mr. Bradley of Twenty-first and Market Sts., with whom I have had the most satisfactory dealings.

STALE lard can be made sweet by bringing to a boil, with slices of cold, raw potatoes thrown in. The impurities will rise at the top and can be skimmed off.

EGG-SHELLS will settle coffee as surely as eggs; but they do not impart the richness and flavor.

## HOUSEKEEPING MADE EASY.

The business of looking after the mending of the family is not confined to the one day of the week especially set apart for that purpose. The labor may be greatly lessened by laying off garments as soon as rips or rents appear in them, and never wearing stockings after holes begin to come. There should be a particular repository for the articles of clothing that need repairing, and here they should be laid as soon as they come from the wash.

In a former paper, mention has been made of the advisability of looking over bed and table linen before washing it, in order to check incipient holes. There are some housewives who go so far as to mend all under-garments, even darning stockings, before sending them to the laundry. The rents are, undoubtedly, larger after washing; but the majority of women would prefer the additional labor when bestowed upon clean clothing rather than a smaller amount on that which is stained with perspiration until offensive to smell and touch. Outer garments, such as aprons, dresses, caps, etc., are not disagreeable to handle before washing. Shirts should have the starch soaked out of them, and then be repaired. It is almost impossible to put a new neck or wristband on a shirt, or to mend a button-hole properly, when it is stiff from the laundry.

A generation ago, it was thought shocking if a girl married, having no knowledge of sewing. Instruction in how to cut and make her own under-clothing and to do plain and fine mending of all kinds, was esteemed an important part of a young woman's education. Although sewing-machines were practically unknown, most mothers made all their own and their children's and husband's under-wear. Now, that shop-work has, to a great extent, superseded home sewing, it is probably cheaper for a woman to buy garments ready-made than to spend her time in fashioning them herself. Still, she ought to possess the ability to do the work should an emergency arise

that would compel her to attempt it. Many a girl has married in utter ignorance of any sort of sewing beyond the merest rudiments, and has been forced to teach herself with infinite pains to fashion the tiny garments she could not afford to buy.

Even if one has no skill in cutting and fitting, she should at least perfect herself in all branches of mending, from laying a patch by the thread to darning stockings well. The last is an accomplishment owned by few. Nearly any nurserymaid will profess herself fully competent to mend stockings, whose labors in the shape of cobbled holes, knotted threads and pulled fabric would disgrace the merest tyro in the art.

When the clothes comes from the wash, they should be sorted by some one who is sufficiently skilled and observant to let no defect escape her eye. Each garment should be opened and inspected, and then refolded in the original creases. The firmness of the threads holding buttons should be tested with a little tug, button-holes scanned, bindings, seams, and trimmings scrutinized closely. Each piece that needs even a stitch should be laid aside. The adage that a stitch in time saves nine verifies itself weekly in the experience of the house-keeper. A large basket may hold all the mending except the stockings. These should have their own bag. Being smaller than the other pieces, they are more apt to become mislaid. As they are examined, they should be paired. Those that need repairing may be drawn into one another and consigned to the mending bag, while such as are in good order may be turned, rolled tightly, and put away.

The mending basket should be supplied with everything needful for performing the task easily and satisfactorily. Brick-making without straw is not much more difficult than doing fine mending well without the proper aids. One spool of stout, white cotton, another of black silk, a paper of needles, a pair of scissors, and a thimble comprise nearly the entire furnishings of many family work-baskets. With such

inadequate means, it is no wonder that repairing a garment and disfiguring it are likely to amount to about the same thing.

To properly equip the basket, several grades of white cotton are necessary, ranging from No. 36 to No. 90. Needles to correspond should also be provided. Besides these, there should be such colored cottons as are apt to be required for the family sewing, three or four spools of black silk of varying degrees of fineness, skirt braid, rolls of tape, both narrow and wide, pearl and porcelain buttons of different sizes, neat pieces of cambric, muslin, linen, and flannel for patching, a braid of variegated silks for gloves, a measuring ribbon, a wax, an emery ball, bodkins, large and small; and button-hole scissors, thimble, shoe-thread, needles, and buttons, hooks and eyes, etc. By having all these arranged in pockets or pouches in one basket, endless time and trouble in searching may be saved. A large piece box, near at hand, should hold scraps of dresses that may be needed to repair the gowns they match.

Nor should the stocking bag be less fully stored with darning cotton of the necessary tints, darning egg, and long needles. The example taught by Mrs. Whitney in her picture of the girl who simplified stocking mending by always having a full supply of long darning needles threaded is worthy of imitation.

The larger pieces of mending should receive the first attention. They are more bulky than the stockings, and there is a feeling of having accomplished the chief portion of the week's sewing when they are out of the way. Worn spots should either be neatly patched or darned down on a piece set under them. Laying a patch by the thread is a very nice undertaking, and tedious to an inexperienced sewer. Garments that have begun to fray on the edges should be rebound or re-hemmed before they are worn rough. Lace is more easily mended before washing. When it once begins to go, it is hardly worth while to waste time upon it. Better rip it off at



once, and replace it with new trimming. It is not enough to sew buttons on when they are off; they should be tightened as soon as they show any sign of loosening. Torn button-holes may be strengthened by putting a tiny patch of a bit of tape at one side. It serves as a stay, and makes the button-hole look neater. The Biblical prohibition against putting a piece of new cloth into an old garment should be carried into effect in modern mending. If the patch must perforce be of new material, it should at least be washed and shrunk before it is applied.

Stockings should always be mended with cotton of the same color. A single thread must be used. The doubled cotton may close the gap more quickly, but it produces a lump that is apt to make the wearer of the stocking thoroughly uncomfortable. There are some unfortunates who claim that their skins are too sensitive to permit of their wearing mended hose. If the repairing is skilfully done, there is no reason why there should be any suffering from this cause. The thread should be run through the fabric some distance on each side of the hole as well as back and forth across it. Worn places also should be darned before a real break appears. The old custom of running the heels of stockings before they were put on at all is almost obsolete, but its revival might not come amiss in large families where there are plenty of small feet to tread out the heels of stockings while the rest of the foot and the leg are still good. The heel protectors that are sold at most large shoe stores save wear to the stocking. So does the habit of changing the hose often enough to prevent their becoming stiff with dirt or perspiration. Mothers of little children occasionally sew a piece on the inside of the stocking knee to prevent the skin showing as the outer covering becomes frayed.

Besides the weekly mending of bed-clothing, there is always repairing needed upon bed and table linen. The pieces that are not pressingly needed may be laid aside on the shelf in the

linen closet to be picked up at odd seasons. In some families, sheets are always cut in two lengthwise, as they begin to become thin in the centre, and what were hitherto the outer edges joined that they may receive their share of the wear. This is technically termed "turning" sheets, and was more prevalent years ago than it is now. Those people who cherish a prejudice against having a seam down the middle of the bed, may utilize the sheets by cutting them over into pillow and bolster slips. This is especially advisable if the sheets are of linen. No fragments of this or of damask table-cloths or napkins should ever be thrown away. If the pieces of linen are not large enough to make full-sized cases, they may serve as covers to children's pillows, may be doubled and made into squares for babies' napkins or towels, or into wash-cloths. The small bits that are impracticable for any other purpose, are admirable for binding up cut fingers, or steeping in liniment to lay upon a burn or wound.—*C. T. Herrick.*

#### DIGESTIBLE AND INDIGESTIBLE FOOD.

The following table, specially prepared by an eminent New York physician, will be found of practical interest, as giving a clear idea of the food easily digested, that which is moderately easy of digestion, and, lastly, what is difficult to digest.

##### Easy of digestion :

Mutton,	Hare,
Sweet-bread,	Chicken,
Turkey,	Partridge,
Pheasant,	Grouse,
Beef tea,	Mutton broth,
Milk,	Turbot,
Haddock,	Flounder,
Sole,	Fresh fish generally,
Roasted oysters,	Stale bread,
Rice,	Tapioca,

Sago,	Arrow-root,
Asparagus,	Sea gale,
French beans,	Cauliflower,
Baked apples,	Oranges,
Grapes,	Strawberries,
Peaches,	Toastwater,

Black tea.

Moderately digestible :

Beef,	Lamb,
Rabbit,	Young pigeon,
Duck,	Wild waterfowl,
Woodcock,	Snipe,
Soups,	Eggs (not hard boiled),
Butter,	Turtle,
Cod,	Pike,
Trout,	Potatoes,
Raw or stewed oysters,	Beets,
Turnips,	Cabbage,
Spinach,	Artichoke,
Lettuce,	Celery,
Apples,	Apricots,
Currants,	Raspberries,
Bread,	Farinaceous puddings,
Marmalade,	Rhubarb plant,
Cooked fruits,	Cocoa,
Jelly,	Coffee.

Hard to digest :

Pork,	Roast clams,
Veal,	Goose,
Liver,	Heart,
Brain,	Salt meat,
Sausages,	Hashes,
Mackerel,	Eels,
Salmon,	Herrings,

Halibut,	Salt fish,
Lobsters,	Crabs.
Shrimps,	Mussels,
Oil,	Melted butter,
Hard-boiled eggs,	Cheese,
Fresh bread,	Muffins,
Buttered toast,	Pastry,
Cakes,	Custards,
Nuts,	Pears,
Plums,	Cherries,
Pineapples,	Cucumbers,
Carrots,	Parsnips,
Peas,	Beans,
Mushrooms,	Pickles,
Chocolate.	

The use of mineral waters, now so common, is likewise pernicious; the relief they afford is but temporary, while the injury they inflict upon the system becomes chronic.

#### ABOUT COUGHS AND COLDS.

Coughs and colds are prevalent, especially among children, too often from the ignorance or carelessness of their elder guardians. Many mothers appear to accept with resignation the repeated and violent colds from which their children suffer as providential and unavoidable. A cold is, by no means, always due to exposure. Indigestion, constipation, a lack of scrupulous cleanliness, the unwise habit of sleeping in most of the clothing worn during the day, unaired bed-chambers; all, or any of these things, may have far more to do with your child's tendency to cold than the keenest breath of the bracing winter air. And, in great measure, these things are under your control. Mothers should understand it as a fact, that numerous colds and sore throats are directly traceable to indigestion and dietetic errors. Quantities of greasy food, fried meats, pastry and the like, ill-ventilated rooms, and the con-

tinued constipation have to answer for many cases of croup and putrid sore throats. All these things weaken the system, and render it far less able to resist changes of temperature. Give every bed-room a thorough airing every day, more especially if several children are obliged to sleep together or with their parents. This is to be avoided, if possible; if not, always lower a window slightly from the top. There is frequently bad air enough generated and breathed in the sleeping apartment of a family with small children to supply them all not only colds, but with a number of so-called "malarious" diseases, to last a year, perhaps longer. Neglect of bathing is another prolific source of colds. A child from three to ten years old should certainly receive an entire bath twice a week in winter. A warm bath at night, taking special care to avoid any chill after, will frequently break up a sudden cold. Keep children from playing in chilly, unused rooms in autumn and winter weather. Let them play out of doors as much as possible, taking care to have their feet warm and dry. A flannel suit and rubber overshoes will often save much cough medicine and doctors' bills. Keep them warmly clad, but do not be content with thick coats and worsted hoods, while short skirts barely cover their knees, leaving the limbs chilled.

THE common practice of having night lights in the bedrooms of children of well-to-do parents is deprecated by Dr. Robert H. Bakewell. He says that it has a most injurious effect upon the nervous system of young children. "Instead of the perfect rest the optic nerves ought to have, and which nature provides for by the darknes of the night, these nerves are perpetually stimulated, and, of course, the brain and the rest of the nervous system suffers. Children thus brought up are excessively timid for years after on going into the dark."

MOISTURE is the greatest enemy of the piano, and it cannot be too carefully guarded against.

## PRACTICAL HINTS.

One can scarcely be too careful in handling and placing strong or poisonous liquids. There are two or three volatile liquids used in families which are particularly dangerous, and must be employed, if at all, with special care.

Benzine, ether, and strong ammonia constitute this class of agents. The two first-named liquids are employed in cleaning gloves and other wearing apparel, and in removing oil stains from carpets, curtains, etc. The liquids are highly volatile, and flash into vapor as soon as the cork of the phial containing them is removed. Their vapors are very combustible, and will inflame at long distances from igniting candles or gas flames, and consequently they should never be used in the evening, when the house is lighted. Explosions of a very dangerous nature will occur, if the vapor of these liquids is permitted to escape into the room in considerable quantity. In view of the great hazard in handling these liquids, cautious housekeepers will not allow them to be brought into their dwellings, and this course is commendable.

As regards ammonia, or water of ammonia, it is a very powerful agent, especially the stronger kinds sold by druggists. An accident in its use has recently come under our notice, in which a young lady lost her life from taking a few drops through mistake. Breathing the gas, under certain circumstances, causes serious harm to the lungs and membranes of the mouth and nose. It is an agent very much used for cleansing purposes; and it is unobjectionable, if proper care is used in its employment. The phials holding it should be kept apart from others containing the medicines, etc., and rubber stoppers to the phials should be used.

Oxalic acid is considerably employed in families for cleansing brass and copper utensils. This substance is highly poisonous, and must be kept and used with great caution. In crystalline structure, it closely resembles sulphate of magnesia

or Epsom salts, and therefore frequent mistakes are made and lives lost.

Every agent that goes into families among inexperienced persons, should be kept in a safe place, labelled properly, and used with great care.

### WATER BEFORE BREAKFAST.

A goblet of water taken before breakfast, does several things: 1. It passes through the stomach into the small intestine in a continuous and uninterrupted flow. 2. It partly distends the stomach, stretching, and, to some extent, obliterating the rugæ. 3. It thins and washes out most of the tenacious mucus. 4. It increases the fullness of the capillaries of the stomach, directly if the water is warm, and indirectly in a reactionary way if it is cold. 5. It causes peristalsis of the whole alimentary track, wakes it up (so to speak), and gives it a morning exercise and washing. The beneficial effects of a drink of water before breakfast may account for the desire for water at this time of the day, particularly on rising. How often we find that when we are very hungry (when our stomachs are tubular and filled with mucus), we want a drink before beginning to eat. Moderately cold water taken into the stomach chills locally, it stimulates to contraction, and produces a reaction. A warm, healthy glow succeeds the contraction due to the cold. The clean and hyperæmic mucus membrane is in excellent condition to receive food, which now can come in direct contact with the bare gastric wall. The reflexes act to best advantage. A copious flow of digestive juice is the result, and the food not being covered with mucus, digestion is easy and rapid, for it takes place under most favorable conditions, and in a minimum time. Care must be taken not to give cold water when the circulation, either local or general, is so feeble as to make reaction improbable. We should not risk it in advanced age, nor in the feeble,

whether old or young, nor should it be given in local troubles like chronic gastric catarrh. In these cases, it is best to give warm or hot water. The addition of salt is very beneficial. The writer, at one time thinking it inconsistent with the laws of physiology to eat soup before meals, and thus dilute the digestive fluid, took his after the usual meal. This did not agree nearly as well as taking it at the beginning. Such a time-honored custom, however, as eating soup at the beginning of a meal could only have been so persistently adhered to because of its having been found by experience to be the most appropriate time. It does exactly what warm or hot water with the addition of salt does, and more, in that it is nutritive, and excites the flow of gastric juice.—*Dr. Leuf, in the Medical News.*

#### WASHING WINDOWS.

Dissolve a little washing-soda in the water, if the glass is very dim with smoke or dirt. Do not let it run on the sash, but wash each pane with old flannel; dry quickly with a soft, clean towel, wiping the corners with especial care. Polish with chamois skin, or newspapers rubbed soft between the hands.

To CLEAN straw matting, wash with a cloth dipped in clean salt and water; then wipe dry at once. This prevents it from turning yellow.

#### TO WASH WOOLENS.

Wash in clean, hot soap-suds; rinse out in clear, hot water, and shake out the wet without passing through the wringer. Worsted dress goods should never be wrung when washed.



# INDEX.

	PAGE.		PAGE.
<b>SOUPS.</b>	5	Curried Oysters	20
Art of making Soup	5	Deviled Crabs	22
Beef Soup, No. 1.	6	Escalloped Codfish	16
"    "    No. 2.	7	Egg Batter	21
Bean " "	9	Fish Baked in Cream	18
Barley Soup	9	Fish a la Crème	18
Clam " "	10	Fish Patés	18
Corn " "	10	Fancy Toast	22
Cream of Celery Soup	11	Fried Oysters	21
Economical Soup	9	Little Pigs in Blankets	20
Mock Bisque Soup	11	Oysters Panned, No. 1	20
Milk Soup	12	"    "    No. 2	21
Oyster Soup	13	Oyster Pie	21
Potato " No. 1	7	Preparing Fish	14
"    "    No. 2	8	Pickled Codfish	15
Pea " "	10	Quahaug Cakes	20
Sago " "	9	Stripped Fish	17
Summer Soup	12	Salmon Scallops	19
Turkey " "	10	To Choose a Lobster	14
Tomato " "	12	Veal Oysters	21
Vegetable Soup	13		
White " No. 1	8	<b>MEATS</b>	23
"    "    No. 2	8	Beef Stew	26
Worth knowing	6	Brown Pot Roast	27
<b>FISH</b>	14	Beef a la mode	27
Broiled Shad	16	Baked Leg of Mutton	28
Baked White Fish	17	"    Ham	31
"    Halibut	17	Beef Loaf	31
Codfish Cakes (old style)	15	Boston Brown Hash	34
"    Hash	16	Browning for Gravies	35
Clam Chowder, No. 1	19	Chopped Steak	26
"    "    No. 2	19	Cold Meats	28
		"    Soup Meat	29

PAGE.	PAGE.
Cold Meat Stew . . . . .	30
Chopped Ham . . . . .	32
Corned-Beef Hash . . . . .	34
Cold Ham "Hash Gems" . . . . .	35
Deviled Veal . . . . .	29
Dried Beef . . . . .	32
Escalloped Meat . . . . .	30
How to Select Meats . . . . .	28
Hash . . . . .	33
" . . . . .	35
Kane City Scrapple . . . . .	32
Larded Shoulder of Mutton . . . . .	28
Meat Rissoles . . . . .	25
Mutton and Lamb . . . . .	27
Mutton Pie . . . . .	28
Meat Stew . . . . .	30
" and Potato Puff . . . . .	30
Meaties . . . . .	33
Meat Scraps . . . . .	33
(Another way) . . . . .	33
Pin Bone . . . . .	24
Pressed Corn Beef . . . . .	31
Smothered Beefsteak and Onions . . . . .	25
Skirt Steaks . . . . .	25
Stuffed Beefsteak . . . . .	26
Stewed " . . . . .	26
To Roast Meats . . . . .	24
To Boil " . . . . .	24
To Cook a neck piece of Beef . . . . .	24
To Use pieces of Roast . . . . .	31
Veal . . . . .	29
" Cutlets . . . . .	29
" Hash and Chicken Hash . . . . .	35
Walled Beef . . . . .	27
Worcestershire Hash . . . . .	35
<b>POULTRY . . . . .</b>	<b>36</b>
Boiling a Turkey . . . . .	36
Boned Fried Chicken . . . . .	38
Chicken Pot-Pie . . . . .	38
Duck in Jelly . . . . .	40
Fricassee Chicken . . . . .	38
Fried " . . . . .	39
Gravy for Roast Chicken or Turkey . . . . .	39
Roast Duck . . . . .	39
" Goose . . . . .	41
Selecting Poultry . . . . .	36
Stewed Ducks . . . . .	40
Truffled Turkey . . . . .	37
<b>CROQUETTES . . . . .</b>	<b>42</b>
Beef Croquettes . . . . .	43
Chicken Pates . . . . .	42
" or Veal Croquettes . . . . .	42
Chicken Croquettes . . . . .	42
" " . . . . .	43
Cold Meat Croquettes . . . . .	44
Cheese Fondue . . . . .	45
Fruit Croquettes . . . . .	45
Ham " . . . . .	44
Potato " No. 1 . . . . .	44
" " No. 2 . . . . .	45
Parsnip Croquettes . . . . .	45
Veal " . . . . .	43
Veal Croquettes and String Beans . . . . .	43
<b>OMELETS AND EGGS . . . . .</b>	<b>46</b>
A Delicious Omelet . . . . .	48
Baked " . . . . .	49
Bread " . . . . .	49

	PAGE		PAGE
Baked Eggs . . . . .	50	Mashed Potatoes . . . . .	53
Creamed Eggs . . . . .	51	Mollie's Baked Potatoes . . . . .	55
Dropped " . . . . .	51	Macaroni . . . . .	62
Green Corn Omelet . . . . .	49	New Potatoes . . . . .	56
" Pea " . . . . .	50	Onions Creamed . . . . .	58
Ham or Sausage Omelet . . . . .	50	Onion Sauce . . . . .	59
Individual Omelet . . . . .	48	Potato Cakes . . . . .	54
Omelet, No. 1 . . . . .	47	Scalloped Potatoes . . . . .	55
" . . . . .	48	Simmered " . . . . .	55
Potato Omelet . . . . .	49	Stewed " . . . . .	56
Scrambled Eggs . . . . .	51	Sweet " . . . . .	56
		Scalloped Tomatoes . . . . .	57
VEGETABLES. . . . .	52	Stewed Tomatoes and Rice . . . . .	57
Broiled Potatoes . . . . .	53	Succotash, No. 1 . . . . .	59
Baked " . . . . .	54	" No. 2 . . . . .	60
" Tomatoes . . . . .	56	Stewed Celery . . . . .	60
" " and Corn . . . . .	57	String Beans . . . . .	61
Boiled Cabbage . . . . .	58	Spaghetti . . . . .	61
Baked Onions . . . . .	58	Spinach . . . . .	62
Boston Baked Beans . . . . .	61	Stewed Peas . . . . .	62
Boiled Cauliflower . . . . .	62	Time for Cooking . . . . .	52
Cream Sauce for Baked		To use cold Boiled Potatoes . . . . .	56
Potatoes . . . . .	54	Turnips . . . . .	62
Cold Potatoes . . . . .	54	Winter Squash . . . . .	63
Chopped Potatoes . . . . .	56		
Cream Cabbage . . . . .	58	SALADS. . . . .	64
Corn Pudding . . . . .	59	Cabbage Salad . . . . .	65
" Oysters . . . . .	59	Chicken " . . . . .	65
" and Beans . . . . .	59	Dressing for Salad . . . . .	66
Duchesse Potato . . . . .	55	Dressing . . . . .	66
Egg Plant, Baked . . . . .	60	Potato Salad, No. 1 . . . . .	65
Fricaseed Potatoes . . . . .	53	" " No. 2 . . . . .	66
Fried Tomatoes . . . . .	57	Salad Dressing, No. 1 . . . . .	64
" Cabbage . . . . .	58	" " No. 2 . . . . .	64
For Boiling Green Corn . . . . .	60	Tomato Dressing . . . . .	64
Fried Parsnips . . . . .	60	" Salad . . . . .	65
Farmers' Rice . . . . .	61		
Facts . . . . .	62	BREAD . . . . .	67
Fried Egg Plant . . . . .	63	Astor House Rolls . . . . .	74
Lyonnais Potatoes . . . . .	55		

	PAGE.		PAGE.
Amanda's Tea Rolls . . .	74	Wheat Gems . . . . .	72
Bread . . . . .	69	Waffles . . . . .	78
Boston Brown Bread,		<i>Fritters</i> . . . . .	80
No. 1 . . . . .	71	Apple Fritters . . . . .	80
Boston Brown Bread,		Buckwheat Cakes . . . . .	83
No. 2 . . . . .	72	Clam Fritters . . . . .	81
Biscuits . . . . .	72	Corn Oyster Fritters . . . . .	81
Baked Corn Bread with-		Corn Fritters . . . . .	82
out Eggs . . . . .	75	Corn Dodgers . . . . .	84
Cracker Biscuit . . . . .	72	Delicious Peach Fritters . . . . .	80
Corn-Meal Gems . . . . .	75	Drop Fritters . . . . .	81
Corn Bread . . . . .	76	Fried Apples . . . . .	80
Dry Yeast . . . . .	68	Fried Crackers . . . . .	81
Delicious Rolls . . . . .	73	Griddle Rice Cakes . . . . .	83
French " . . . . .	74	Griddle Bread Cakes . . . . .	83
Flannel Cakes . . . . .	78	Grandmother's Pancakes . . . . .	85
French Toast . . . . .	79	Hominy Fritters . . . . .	81
Graham Gems . . . . .	76	Indian " . . . . .	82
German Rice Waffles . . . . .	77	Mush Cake . . . . .	85
Hot Bran Bread . . . . .	71	Orange Fritters . . . . .	82
Ham and Egg Sandwiches . . . . .	79	Potato Griddle Cakes . . . . .	82
Indian Pome . . . . .	76	Parsnip Fritters . . . . .	84
Iowa Corn Bread . . . . .	76	Rice Puffs . . . . .	82
Johnny Cake . . . . .	77	Rye and Indian Pancakes . . . . .	85
Lemon Toast . . . . .	79	Salsify Fritters . . . . .	84
Mary's Gems . . . . .	79	Steaming Oatmeal . . . . .	84
Nice way to use Dry		Tomato Fritters . . . . .	81
Bread . . . . .	70		
Potato Yeast . . . . .	68	DESSERTS . . . . .	86
Potato Biscuit . . . . .	73	<i>Pies</i> . . . . .	86
Parker House Rolls . . . . .	73	Apple Pie . . . . .	91
Puffs . . . . .	78	Cheese Cake . . . . .	87
Pop-Overs . . . . .	79	Cocoanut Custard . . . . .	87
Rule for Bread . . . . .	69	Cream Pie . . . . .	88
Rye Muffins . . . . .	77	Chocolate Pie . . . . .	90
Soft Yeast . . . . .	67	Cherry Pie . . . . .	91
Salt Rising Bread . . . . .	70	Chocolate Tartlets . . . . .	92
Sponge Johnny Cake . . . . .	77	Dark Washington Pie . . . . .	90
Soda Biscuit . . . . .	71	Fruit Rolls . . . . .	93
Wheat Muffins . . . . .	72		

PAGE.	PAGE.
Lemon Pie . . . . . 88	Corn-starch Pudding . . . 99
Lemon Custard . . . . . 88	Chocolate Pudding . . . 100
Mince Meat . . . . . 89	Cottage Pudding . . . 102
Mock Mince Pie . . . . . 89	Cherry Pudding . . . . 104
Orange Pie . . . . . 92	Cream Sauce . . . . . 105
"    Short-cake . . . . 92	Catskill Mountain Pud-
Pastry . . . . . 86	ding . . . . . 109
Plain Pie Crust . . . . . 87	Cornelia's Pudding . . . 110
Pumpkin Pie . . . . . 87	Empire Suet Pudding . . 109
Pie-plant Pie . . . . . 89	Floating Island . . . . . 97
Potato Pie . . . . . 90	Fig Pudding . . . . . 102
Pandowdy . . . . . 91	Fruit Flummery . . . . . 104
Peach Short-cake . . . . . 93	Fruit Pudding (Aunt
Peach Rolls . . . . . 94	Mena's) . . . . . 105
Raisin Pie . . . . . 89	Graham Pudding . . . . 107
Rhubarb Pie . . . . . 90	Huckleberry Pudding . 103
Rice Pie . . . . . 90	Hasty Pudding . . . . . 106
Sweet Potato Custard Pie 87	Indian Pudding . . . . . 102
Strawberry Shortcake . . 93	Junket . . . . . 105
Wholesome and Digestible	Jelly Fruit . . . . . 109
Pie-crust . . . . . 86	Lemon Sauce . . . . . 98
Whole Peach Pie . . . . . 91	Lawrence Pudding . . . 103
<i>Puddings.</i> . . . . 94	Lemon Rice Pudding . . . 98
Apple Custard . . . . . 94	Molasses Sauce . . . . . 107
"    Sago . . . . . 94	Nice Boiled Pudding . . 110
"    Meringue . . . . . 95	Orange Pudding . . . . . 103
"    Dumplings . . . . . 95	Plain Dumplings . . . . . 96
"    "    (baked) . . . . 96	Palfrey Indian Pudding 110
"    "    . . . . . 107	Queen of Puddings . . . 96
"    Float . . . . . 108	Queen Anne's Pudding . 107
Bread Pudding . . . . . 97	Rice Pudding . . . . . 98
Bavarian Cream . . . . . 97	"    "    (Soft) . . . 110
Boston Plum Pudding . 101	Spanish Cream . . . . . 97
Black Pudding . . . . . 101	Snow Pudding . . . . . 99
Banana Charlotte . . . . 104	Sago . . . . . 100
Blanc Mange . . . . . 105	Sauce for Pudding . . . 101
Brown Betty . . . . . 108	Steam Peach Pudding . 104
Baked Cup Custard . . . 108	Six-cup Pudding . . . . 106
Boiled Indian Pudding . 111	Soft Custard . . . . . 108
Custard Pudding . . . . . 99	Tapioca Custard . . . . . 98

	PAGE.		PAGE.
Tapioca Pudding . . .	99	Cocoanut Cake . . .	134
"    "    without		Cream Gingerbread . .	136
eggs . . . . .	101	Chocolate Frosting . .	138
Turk's Head Pudding .	106	Cream Puffs . . . . .	138
Yorkshire Pudding . .	102	"    Loaf . . . . .	143
<i>Ice Cream</i> . . .	111	Crullers . . . . .	143
Frozen Custard . . . .	111	Dried Apple Cake . . .	120
Ice Cream . . . . .	111	Doughnuts . . . . .	142
Matrimony . . . . .	112	Economical Cake . . .	120
Orange Water Ice . . .	112	Etta's Soft Gingerbread	136
Peach Ice Cream . . .	111	Feather Cake . . . . .	114
Strawberry Water Ice .	112	Fluffy Cake . . . . .	116
CAKES . . . . .	113	Fruit Cake . . . . .	118
An Eggless Cake . . . .	121	Fruit or Plum Cake . .	119
Angels' Food . . . . .	126	French Cake . . . . .	120
A good cheap Sponge . .		Fancy Cake . . . . .	121
Cake . . . . .	130	Fig Layer Cake . . . .	130
Aunt Jane's Sugar Cook-		Frosting . . . . .	133
ies . . . . .	138	Gold Cake . . . . .	118
Bertie Fuller Cake . . .	124	Gelatine Icing for Cake	132
Blueberry " . . . . .	124	Green Mountain Cake .	135
Bangor " . . . . .	124	Good Soft Gingerbread .	135
Berry " . . . . .	124	Ginger Snap . . . . .	141
Bride's " . . . . .	125	Ginger Cookies . . . .	142
Beulah " . . . . .	127	Good Fried Cakes . . .	147
Berwick Sponge Cake . .	130	Hard Gingerbread . . .	137
Boiled Frosting . . . .	134	Hickory Nut Macaroons .	131
Banana Cake . . . . .	135	Hermits . . . . .	141
Boston Cream Cakes . .	139	Icing . . . . .	116
Butter Drops . . . . .	140	Ice Cream Cake . . . .	122
Cold Water Cake . . . .	113	Indian Doughnuts . . .	143
Cheap Fruit " . . . . .	119	Jumbles . . . . .	138
Currant " . . . . .	122	Lily Cake . . . . .	116
Confection " . . . . .	123	Lady Fingers . . . . .	116
Cup " . . . . .	123	Lemon Cake . . . . .	117
Chocolate " . . . . .	128	Lady Cake . . . . .	117
Cream Sponge " . . . .	129	Layer Cake . . . . .	126
Cold Water Sponge Cake	131	Lazy Fried Cakes . . .	143
		Mollie's Hickory Nut	
		Cake . . . . .	117

	PAGE.		PAGE.
Magda's Cake . . . . .	127	Lemonade . . . . .	145
Marble " . . . . .	127	Oatmeal Gruel . . . . .	146
Molasses " . . . . .	137	Prepared Cocoa . . . . .	145
Milk Cookies . . . . .	140	Raspberry Vinegar . . . . .	145
Molasses Cookies . . . . .	142	Summer Drink . . . . .	146
Neapolitan Cake . . . . .	115	Tea . . . . .	144
Old-fashioned Election Cake . . . . .	121	Water Gruel . . . . .	145
Peerless Cake . . . . .	114	CANNING, PRESERVING AND PICKLING . . . . .	147
Plum " . . . . .	118	Apple Jelly . . . . .	151
Pork " . . . . .	125	A cheap and good Syrup . . . . .	155
Patty-pan Cakes . . . . .	140	Bordeaux Sauce . . . . .	159
Railroad Cake . . . . .	128	Bechamel Sauce . . . . .	162
Roll Jelly Cake . . . . .	129	Canning Sugar Corn . . . . .	148
Ribbon " . . . . .	133	Canned Pineapple . . . . .	149
Sunshine " . . . . .	125	" Peaches . . . . .	149
Sponge " . . . . .	128	" Strawberries . . . . .	149
" " . . . . .	130	" Cherries . . . . .	150
Surprise " . . . . .	131	" Bartlett Pears . . . . .	150
Spice " . . . . .	131	Cranberry Jelly . . . . .	150
" " . . . . .	132	Cherry Jam . . . . .	151
Spanish Bun . . . . .	133	Currant Jelly . . . . .	153
Soft Gingerbread . . . . .	136	Clear Syrup . . . . .	155
Sugar Cookies . . . . .	138	Crystallized Fruit . . . . .	156
Seed Cakes . . . . .	141	Chow Chow . . . . .	157
Tea Cake . . . . .	114	Chili Sauce . . . . .	158
Tumbler Cake . . . . .	132	Cucumber Sauce . . . . .	158
Velvet Cake . . . . .	132	Cold Tomato Catsup . . . . .	160
Vanilla Wafer . . . . .	140	Cucumber Pickles . . . . .	160
White Mountain Cake . . . . .	113	For Canning . . . . .	148
White and Yellow Cake . . . . .	113	Home-made Maple Syrup . . . . .	155
" " Delicate " . . . . .	114	Lemon Butter . . . . .	153
" Fruit Cake . . . . .	119	" Jelly . . . . .	153
DRINKS . . . . .	144	" Syrup . . . . .	155
Barley Gruel . . . . .	144	Made Mustard . . . . .	161
Beef Tea . . . . .	146	Orange or Date Jelly . . . . .	152
Coffee . . . . .	144	Preserved Crab-Apple . . . . .	150
Chocolate . . . . .	144	Peach Jelly . . . . .	151
Cocoa Shells . . . . .	145	Plum Butter . . . . .	153

	PAGE.		PAGE.
Preserved Melons . . . .	154	Shellbark Candy . . . .	169
Pineapple Syrup . . . .	154	Taffy . . . . .	163
Pickled Pears . . . .	156	Vanilla Caramels . . . .	168
"    Beans . . . .	157	Walnut Molasses Candy .	169
Pickalily . . . . .	157		
Pepper Cabbage . . . .	159	MISCELLANEOUS. . . .	170
"    Hash . . . . .	159	A Few Plain Truths . . .	177
Pickled Onions . . . .	162	"A. B. C." . . . . .	182
Quince Jelly . . . . .	152	About Eggs . . . . .	189
"    Marmalade . . .	153	About Coughs and Colds	196
Sweet Pickled Peaches .	156	Butter Making . . . . .	181
Spiced Peaches . . . .	156	Cure for Frozen Feet . .	180
To Can Tomatoes . . .	149	Cold in the Head . . . .	180
Tomato Syrup . . . . .	155	Digestible and Indigesti-	
"    Sauce . . . . .	158	ble Food . . . . .	194
"    Catsup . . . . .	160	Earache . . . . .	180
"    Pickle . . . . .	161	For Cleaning Paint . . .	174
		Furniture Polish . . . .	175
CHILDREN'S CORNER.		For Curing Hams . . . .	183
<i>Candy.</i> . . . .	163	Hints and Helps . . . .	178
Almond Creams . . . .	166	How to Keep the Hands	
Butter Taffy . . . . .	164	Soft . . . . .	180
Butter Scotch . . . . .	167	Housekeeping Made Easy	190
Cream Chocolates . . .	166	Kitchen Wrinkles . . . .	172
Cream Walnuts . . . .	166	Kalsomine . . . . .	175
Chocolate Caramels . .	168	Kitchen and Cooking	
Cocoanut Candy . . . .	168	Helps . . . . .	176
French " . . . . .	164	Loosening Ground Glass	
Ice Cream " . . . . .	165	Stopples . . . . .	179
Lemon Drops . . . . .	167	Measuring and Weighing	170
Mint and Vanilla Drops	166	Marketing . . . . .	184
Marshmallows . . . . .	166	Paste that will keep . .	181
Molasses Candy . . . .	169	Practical Hints . . . . .	198
Nut Taffy " . . . . .	164	Reflection from Lamps .	175
Nice White " . . . . .	167	Starching . . . . .	175
Nut " . . . . .	169	Stings . . . . .	181
Plain " . . . . .	168	Seven Points in Managing	
Peanut Molasses Candy	169	Milk . . . . .	182
Sugar Taffy . . . . .	164	To Prevent Jars from	
Sugar Candies . . . . .	167	Cracking . . . . .	171



	PAGE.		PAGE.
To Cement China . . .	171	To Remove Ink-stains . .	174
To Clarify Fat . . . .	171	To Clean Looking-glass .	174
To Remove Stains from		To Wash Woolens . . .	200
Table Linen . . . .	172	Veal . . . . .	187
To Remove Dirt and		Water Before Breakfast .	199
Stains from Marble .	173	Washing Windows . . .	200